

# MORROCAN EGGPLANT WARM OR COLD SALAD



## INGREDIENTS

- 1 Eggplant (firm) (large) (cut in half lengthwise)  
Non-stick cooking spray
- 4 Tomatoes (peeled) (seeded) (chopped) **OR** Diced tomatoes (15 oz) (chopped)
- 3 cloves Garlic (minced)
- 1/3 C Cilantro & Parsley (chopped) (mixed together)
- 2 t Paprika
- 1 T Cumin
- 1 1/2 t Salt
- 1/8 t Cayenne Pepper (optional)
- 1/4 C Extra virgin olive oil
- 1/3 C Water

## COOKING DIRECTIONS

- 1 Preheat oven to 450 F & line a baking sheet with foil sprayed with non-stick cooking spray
- 2 Score eggplant down the middle with the tip of knife being careful not to cut thru the skin
- 3 Place the eggplant halves on the foil cut side down
- 4 Roast eggplant & take out of oven when skin has begun to shrivel & eggplant has softened but not collapsed (usually 25 minutes)
- 5 Place the eggplant halves cut side down on a rack over a baking sheet or in a colander
- 6 Cool & drain for 15 - 30 minutes
- 7 While the eggplant is cooling, put tomatoes, garlic, cilantro, parsley, olive oil, water & spices in a deep pot at medium heat
- 8 Cut the eggplant into small cubes or triangles making sure to leave on the skin
- 9 Add eggplant to your pot & gently mix with ingredients cooking for 5 minutes

## NOTE

Can be served warm or cold

## NOTES

**You can roast eggplant several hours before you use it in a recipe**

- 1 Large globe eggplants require at least 25 minutes to roast depending how plumb they are
- 2 Small narrow eggplants (Japanese & Italian) take about 15 minutes to roast

