Appendix B

Eggplant Recipes

### Eggplant Parmesan Rollatini (chosen by the Recycle Group)

Serves 8| Hands-On Time: 25m| Total Time: 1hr 10m

**Ingredients**

* 4 tablespoons Olive Oil
* 2 large eggplants (about 3 pounds total), sliced lengthwise (about 16 slices total)
* Sea salt and black pepper
* 1 1/2 cups marinara sauce
* 2 large eggs
* 115-ounce container ricotta
* 2 teaspoons dried oregano
* 2 cups grated mozzarella (8 ounces)
* 1/2 cup grated Parmesan (1 1/2 ounces)

**Directions**

1. Heat oven to 450° F. Divide the oil between 2 rimmed baking sheets. Dividing evenly, arrange the eggplant slices in a single layer on the baking sheets and turn to coat in the oil; season with ½ teaspoon salt and ¼ teaspoon pepper.
2. Bake the eggplant, rotating the baking sheets halfway through, until soft and beginning to brown, 12 to 15 minutes; let cool. Reduce heat to 400° F.
3. Meanwhile, in the bottom of a 9-by-13-inch or some other 3-quart baking dish, spread ½ cup of the marinara sauce. In a large bowl, whisk together the eggs, ricotta, oregano, 1 cup of the mozzarella, and ¼ teaspoon each salt and pepper.
4. Place about 3 tablespoons of the ricotta mixture on one end of a slice of eggplant, roll it up, and transfer it to the prepared baking dish. Repeat with the remaining eggplant slices and ricotta mixture.
5. Top the eggplant rolls with the remaining cup of marinara sauce and the remaining cup of mozzarella. Sprinkle with the Parmesan.
6. Bake until the cheese has melted and the sauce is bubbling, 20 to 25 minutes. Let cool for 5 minutes before serving.

By Dawn Perry , March, 2012

### Eggplant Caviar (chosen by Reuse Group)

Makes 1 1/2 cups (serves 4)| Hands-On Time: 20m| Total Time: 1hr 20m

**Ingredients**

* 1 large eggplant (about 1 1⁄2 pounds)
* 1/2 small onion, finely chopped (1⁄4 cup)
* 1 clove garlic, finely chopped
* 2 tablespoons chopped flat-leaf parsley, plus more for serving
* 1 tablespoon Olive Oil
* 1 teaspoon red wine vinegar (optional)
* 1 tablespoon mayonnaise (optional)
* kosher salt and black pepper
* Pumpernickel bread and cut-up vegetables, for serving\*

\* Chef Horne made pita chips instead.

**Directions**

1. Heat oven to 400° F. Using a fork, prick the eggplant all over. Place on a foil-lined baking sheet and roast until very tender, 50 to 60 minutes.
2. When the eggplant is cool enough to handle, halve it lengthwise and scrape out the flesh, discarding the skin. Finely chop the flesh and transfer it to a large bowl.
3. Add the onion, garlic, parsley, oil, vinegar, mayonnaise (if using), ½ teaspoon salt, and ¼ teaspoon pepper and mix to combine. Sprinkle with additional parsley and serve with the bread and vegetables, if desired.

By Nora Kogan , May, 2010

### Eggplant Grilled Cheese Sandwiches (chosen by the Reduce Group)

Makes 4 sandwiches (serves 4)| Hands-On Time: 20m| Total Time: 20m

**Ingredients**

* 1 medium eggplant (cut into 4 thin slices)
* 8 slices of bread
* 4 slices of provolone cheese
* 4 slices of cheddar cheese
* 2 slices of mozzarella cheese
* 1 tablespoon olive oil
* 2 tablespoons butter melted
* 1 tablespoon mayonnaise (optional)

**Directions**

1. Heat griddle to 400° F. placed sliced eggplant on griddle 3-4 minutes each side (until tender).
2. When the eggplant is cool enough to handle, cut to size of bread, discarding the skin.
3. Butter outer side of bread stack 1 slice of provolone, eggplant, 1/2 slice of mozzarella, 1 slice of cheddar cheese, (mayonnaise is optional), top sandwich with butter side out.
4. Place on solid griddle for about 4 minutes each side or until golden brown. Cheese may ooze out so please be careful it will be HOT! Slice in two and serve.

By Michelle White-Godinet, 2011