

RIGATONI WITH EGGPLANT PUREE

serves 4

- **1** small eggplant, cut into 1-inch pieces
- **1** pint of cherry tomatoes
- **3** cloves of garlic, whole
- **1** pinch of pepper, salt, and red pepper flakes
- **1/4** cup of pine nuts (walnut or almond will work)
- **1** pound rigatoni (usually a box is 1 lb)
- **3** tablespoons olive oil
- **1/2** parmesan cheese (or ricotta if preferred)
- **(optional)** dash of lemon juice, balsamic, or red wine vinegar

PREHEAT OVEN TO **400° F**. LINE A BAKING SHEET WITH FOIL OR PARCHMENT PAPER. IN A LARGE BOWL COMBINE EGGPLANT, TOMATOES, GARLIC, OLIVE OIL, SALT, PEPPER, AND RED PEPPER FLAKES. SPREAD IN AN EVEN LAYER ON BAKING SHEET. ROAST FOR **35** MINUTES OR UNTIL EGGPLANT IS GOLDEN. MEANWHILE, PLACE PINE NUTS (OR CHOPPED ALMONDS OR WALNUTS) ON ANOTHER BAKING SHEET AND PLACE IN OVEN UNDER ROASTING VEGETABLES. ROAST FOR **4** MINUTES, OR UNTIL LIGHTLY TOASTED. BOIL PASTA TO DESIRED FIRMNESS, RESERVE **2** CUPS OF COOKING LIQUID. PUREE VEGETABLES. ADD TO PASTA. STIR IN CHEESE AND **1/2** CUP OF COOKING LIQUID (AND A DASH OF BALSAMIC). SPRINKLE NUTS ON TOP AND ENJOY.

lovin'
spoonfuls
a food rescue



EGGPLANT

Eggplant takes its name from the white variety's resemblance to an egg. It is a type of nightshade, and closely related to both the tomato and the potato.

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BEST COOKING METHODS

- OVEN ROASTING
- GRILLING

RECIPE IDEAS

- RATATOUILLE
- MINI PIZZAS
- PASTA SAUCE
- HEALTHY EGGPLANT PARMESAN

STORAGE

- 50 DEGREES IS IDEAL, REFRIGERATOR IS TOO COLD, ROOM TEMPERATURE IS TOO HOT
- CHOOSE A COOL, DRY PLACE.

NUTRITION

- HIGH IN: ANTIOXIDANTS.
- GOOD SOURCE OF: DIETARY FIBER, VITAMINS A, B, C, E AND K, FOLATE AND POTASSIUM.
- 5%.

TIPS

- CAN BE SALTED AND DRAINED BEFORE COOKING: HELPS FIRM FLESH SO IT ABSORBS LESS MOISTURE, GETS RID OF SOME BITTERNESS.
- LEAVE THE SKIN ON! MOST NUTRIENTS ARE HERE.
- MUST BE COOKED THOROUGHLY