

EGGPLANT WITH TOMATOES AND PARSLEY

From CSA Member Mary Scott: Here's a recipe that is quick and really yummy. It's from the cookbook *Good Food Fast* by Anne Walsh and the editors of *Food & Wine*:

Ingredients

1/3 cup olive oil, preferably extra virgin
1 medium eggplant-- peeled and cut into 1" cubes
1 large tomato--peeled, seeded and coarsely chopped
2 garlic cloves, minced
1/4 cup water
1 bay leaf
1/2 tsp sugar
Pinch cayenne pepper
Salt
1/3 cup chopped fresh parsley [I used dried]

1. in large skillet, heat the oil. Add eggplant and sauté over moderately low heat for 2 minutes, until the oil is absorbed.
 2. Add the tomato, 1/4 cup of water, garlic, bay leaf, sugar and cayenne, and season to taste with salt. Bring to boil, reduce the heat to moderately low, cover and simmer, stirring occasionally, until the eggplant is tender, about 15 minutes. [if the veggies are still watery after simmering for 15 minutes, remove the cover and simmer for a few minutes until the excess liquid evaporates.]
 3. Just before serving, stir half of the parsley into the veggies. Sprinkle the remaining parsley on top. Serve hot or at room temperature.
- This is a nice compliment to fish. Or just cool on crackers. Enjoy!