

Eggplant Provençal

From: *The Kripalu Cookbook: Gourmet Vegetarian Recipes* by Atma JoAnn Levitt

Preparation and cooking time 15 minutes.

Serves 4

This elegant pasta dish combines the richness of eggplant with the earthy tones of mushrooms, olives, and artichokes. It's delicious served hot or cold.

Ingredients:

12 ounces dried fettucine pasta
1/2 cup olive oil
2 Tablespoons chopped garlic
4 cups peeled, cubed eggplant (approx. 1 pound)
1/2 cup halved fresh mushrooms
1 cup sliced red onions
1/2 cup diced red bell peppers
1/2 cup chopped fresh basil
1 teaspoon salt
1/4 teaspoon black pepper
1 cup canned artichoke hearts
1.5 cups chopped fresh tomatoes
1 cup pitted whole small black olives
1/2 Tablespoon balsamic vinegar
1/2 cup grated Parmesan cheese (optional)

Preparation:

In a large saucepan, cook the pasta in boiling water until tender, but still firm. Drain and rinse. Set aside and keep warm.

Meanwhile, in a large skillet, heat the oil and sauté the garlic for 3 minutes. Add the eggplant and sauté for 5-10 minutes, or until the eggplant is tender. Stir in the mushrooms, onions, and bell peppers and sauté for 2 minutes more.

After 1 minute, add the basil, salt, and black pepper. Turn off heat.

Add the reserved noodles, artichoke hearts, tomatoes, olives, and vinegar to the eggplant mixture.

Top with the cheese, if desired, and serve immediately.

Enjoy!!!