

FRIED EGGPLANT

SOURCE: Frank & Rosalia Altadonna

INGREDIENTS:

1 Eggplant OR zucchini
Salted Water
1/4 tsp pepper
2 TBS Oil
2 cloves garlic, chopped
1 can stewed tomatoes
Parmesan cheese
1/2 tsp salt
1 TBS fresh, sweet basil (optional)

DIRECTIONS (for #1):

Slice eggplant – place slices in bowl of salted water and let stand 15 minutes, then drain, rinse/pat dry on paper towels – fry in small amount of oil (adding oil as needed) – drain on paper towels and place on plate.

SAUCE: Brown garlic in 2 TBS oil – add tomatoes, salt, pepper + sugar – cook 15 minutes – pour over eggplant – sprinkle with basil and Parmesan.