



BAINGAN BHARTA

(Roasted Indian Eggplant)

By Dr. Cindy Tanzar
(Standard)

This popular fire-roasted, Indian vegetarian dish is an eggplant mash cooked with spices. There are several ways to make Baingan Bharta, but it is basically eggplant cooked with onion, tomatoes, green chilies and earthy spices. If you enjoy Indian food (which is amazing) or would like a new way to eat eggplant, this is a great recipe. The flavors are even more delicious the next day. Venture out and try something new! Makes 5-6 servings. One serving of this recipe equals one cup of cooked vegetable.



INGREDIENTS

- 2 lbs eggplant
- 2 Tbsp fresh lime juice
- 2 Tbsp avocado oil
- 1 medium red onion, chopped



3 cloves garlic, finely chopped
1 fresh hot green chile (jalapeno), thinly sliced or half to whole
 small can of diced green chilies (desired spiciness)
1 lb fresh tomatoes, chopped
1/2 tsp turmeric
1 tsp pink Himalayan salt
2 tsp Garam Masala (or 1 tsp cumin & 1/4 tsp cinnamon)
2 Tbsp Kerry Gold butter

INSTRUCTIONS

Prick the eggplant with a sharp, thin knife. Either grill it over high heat until the skin is blackened and eggplant collapses or roast in the oven at 440°F about 20 minutes. You will want to turn the eggplant several times to ensure it roasts evenly.

When eggplant is cool enough to handle, peel away the skin and stem. Chop finely or mash in a bowl. Add lime juice and mix.

Heat oil in a large skillet over medium-high heat. Add onion, stirring until browned. Add the garlic and chilies, cooking for another minute.

Add tomato, turmeric and Garam Masala (or cumin and cinnamon) and sea salt, cooking about 5 minutes or until tomato is soft.

Add in the eggplant mash, stirring occasionally for 3-5 minutes.

Take off the heat and dot with butter.