



BLUE ZONES PROJECT

by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





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BLUE ZONES PROJECT®

Sardinian Eggplant Towers

THIS LIGHT VEGETARIAN MAIN COURSE FEATURES EGGPLANT AND TOMATOES, FRESH PRODUCE THAT MAKES FREQUENT APPEARANCES IN SARDINIAN COOKING. IT CAN BE ENJOYED AS A MAIN OR SIDE DISH.

Ingredients

- 2 medium eggplant
- 4 large tomatoes
- 3 garlic cloves
- Italian parsley
- Olive oil
- Salt and pepper

Directions

1. Slice eggplant into half-inch slices. Use your knife to engrave the surface of each eggplant slice in a criss-cross pattern. This helps the eggplant cook evenly. Salt the slices and set them aside.
2. Cut the tomatoes in half. Scoop the seeds and liquid from the inside of each tomato half. Chop the tomatoes into half inch cubes and place them in a bowl.
3. Dice the garlic cloves and 3 large spoonfuls of italian parsley. Add these to the chopped tomatoes and mix. Next, add two large spoonfuls of olive oil and salt to taste and mix. Set this mixture aside for a few minutes.
4. Heat the oven to 425o Fahrenheit and grease a casserole dish with olive oil.
5. Cover the bottom of the dish with one layer of eggplant, then cover the eggplant with the chopped tomato mixture. Continue layering eggplant and tomatoes until the eggplants are gone, finishing with the chopped tomatoes on top.
6. Bake for 40 minutes and enjoy hot or cold as a side dish or entree.