

BEYOND HUNGER

Masak'aa: Mediterranean Stewed Eggplant and Peppers

This delicious and flavorful one pot meal includes eggplants and peppers that simmer away in a zesty and tangy tomato sauce with lentils for a delicious and filling dish that can be eaten as a hot entrée or appetizer. It is also perfect for enjoying cold as well!

Yields: 6 servings

Serving Size: 4 oz

Ingredients:

- 1 c green or brown **lentils**, washed
- 2 Asian **eggplants**, sliced ½ inch thick circles
- 2 Tbsp **canola oil** or **olive oil**
- 1 medium **onion**, sliced
- 2 **peppers**, sliced
- 2 **tomatoes**, quartered
- 3 cloves of **garlic**, minced (approximately 2 tbsp)
- 1 c **canned, diced tomatoes** or **crushed tomatoes**
- 1 Tbsp ground **cumin** spice
- 2 Tbsp of **white vinegar**
- 2 tsp **salt**
- 1 tsp **black pepper**

Instructions:

1. Bring a pot of 6 cups of water to a boil. Add the lentils and allow to boil for about 10 minutes, until halfway cooked, but not completely. Drain completely. If you bite one, it should be soft on the outside but firm on the inside. It will continue to cook once added to the *masak'aa* pan.
2. Lay the sliced eggplant on a kitchen towel or paper towel and salt it so that the bitter water is drawn out. After about 10 minutes, blot them with a clean towel, brushing off as much salt as possible.
3. In a large pan, at least 10" in diameter, add 2 Tbsp of oil and heat over a medium-high flame. Place the onions, peppers, and eggplants throughout the pan and leave them for about 3 minutes to build some color and char. Check on them to make sure they do not burn, and slowly turn them over once a golden color is achieved.
4. Add the fresh quartered tomatoes and minced garlic and stir so that they gain some color, but not browned. Pour the diced tomato sauce.
5. Sprinkle in the vinegar, cumin, salt, and pepper.
6. Add the lentils on top of the sautéed vegetables, and gently fold them in.
7. Cover the pan and allow to simmer for 15 minutes, until the lentils are cooked through. You may also place the pan into the oven as this dish is traditionally baked in the oven at 350 F for 15-20 minutes.

Per Serving: Calories 193 kcal, Carbohydrates 28g, Protein 9.5g, Saturated Fat 0.8g, Sodium 423 mg, Fiber 6g, Sugars 4g

This recipe was adapted from Noha El-Sharkawy from SugarandGarlic.com