RECIPE | EGGPLANTS

GALLOPING GOOD EGGPLANT

GREENHOUSE GROWN

pure flavor®

Follow us

pure-flavor.com

GALLOPING GOOD EGGPLANT

TOTAL TIME
18 minutes
PREP TIME
8 minutes
COOK TIME
10 minutes
SERVES
2
COOKING LEVEL
Easy

INGREDIENTS

- ½ cup Pure Flavor® Baby Eggplant, halved lengthwise, thinly sliced
- ½ cup Pure Flavor® Roma Tomatoes, finely diced
- 1 Pure Flavor® Yellow Sweet Bell Pepper, chunked
- ½ cup fresh mushrooms, finely diced
- ¼ cup red onion diced
- 1 tbsp. extra virgin olive oil
- ¼ cup chicken or vegetable stock, white wine or water
- ¾ oz fat free mozzarella cheese (cheese string)
- 2 tbsp. chopped fresh parsley

DIRECTIONS

1. Heat oil over medium heat.
2. Sauté eggplant, mushrooms, peppers, onions and tomatoes in skillet until tender. Add stock if it gets too dry.
3. Drain off any extra liquid and top with shredded “peeled” chopped cheese. Let it melt and mix into veggies.
4. Top with chopped parsley.