

# COOKING FOR WELLNESS

## July 2021 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

DAIRY-FREE

# Eggplant-Tomato Sauté with Fennel and Fresh Oregano

Instead of serving this over rice or pasta, try it wrapped in warmed pita bread with a sprinkling of feta cheese. If you can't find the slender Japanese eggplant, just substitute regular eggplant that's been peeled and cut into cubes.

VEGETARIAN TIMES EDITORS



## Ingredients

2 Tbs. olive oil

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1 medium-sized onion, cut into 1-inch slivers

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2 cloves garlic, minced

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3 medium-sized Japanese eggplant (about 1 lb. total), halved and cut into 3/4-inch slices

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8 oz. Italian-seasoned baked tofu, cubed

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1 fennel bulb, thinly sliced

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1 yellow bell pepper, seeded and cut into 1/2-inch pieces

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3 Tbs. chopped fresh oregano

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6 plum tomatoes, halved and sliced

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## Preparation

Heat olive oil in large skillet over medium heat. Sauté onion 4 to 5 minutes, or until soft.

Increase heat to medium-high. Add garlic, eggplant, tofu, fennel, bell pepper and oregano, and cook 5 to 6 minutes, or until eggplant is tender and slightly browned. Stir in tomato slices, salt and pepper. Cook 1 to 2 more minutes, or until tomatoes are heated through. Serve immediately.

## Nutrition Information

Calories	160
Carbohydrate Content	15 g
Cholesterol Content	0 mg
Fat Content	8 g
Fiber Content	6 g
Protein Content	9 g
Saturated Fat Content	1 g
Sodium Content	135 mg
Sugar Content	5 g

# Roasted Eggplant and Crispy Kale with Yogurt

Roasting the eggplants at a high heat will make the flesh very tender while making the skin a little crispy. This recipe is from [Gunpowder](#) in London.

## Ingredients

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### 4 SERVINGS

- 2 medium Italian eggplants (about 1 ½ pounds total), quartered lengthwise, cut crosswise into 1-inch pieces
- ¼ cup vegetable oil
- Kosher salt
- 1 teaspoon dried mango powder (amchoor; optional)
- ½ teaspoon ground cumin
- 6 Tuscan kale leaves, ribs and stems removed, leaves coarsely torn
- 1 medium Persian cucumber
- 1 cup plain whole-milk Greek yogurt
- 1 teaspoon fresh lemon juice
- 1 garlic clove, finely grated
- 2 cups cherry tomatoes, halved
- Olive oil (for drizzling)

# Preparation

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## Step 1

Preheat oven to 450°. Toss eggplants with vegetable oil on a rimmed baking sheet; season with salt. Roast, tossing halfway through, until eggplants are charred in spots and tender, 20–25 minutes. Remove from oven, sprinkle with mango powder (if using) and cumin, and toss to coat.

## Step 2

Meanwhile, heat a dry large skillet, preferably cast iron, over medium-high. Add kale, arranging to fit in a single even layer (work in batches if needed), and cook, turning occasionally, until charred in spots and crisp, about 4 minutes.

## Step 3

Grate cucumber on the medium holes of a box grater; squeeze out excess liquid with your hands and transfer to a medium bowl. Mix in yogurt, lemon juice, and garlic; season with salt.

## Step 4

Toss tomatoes with a good pinch of salt and a drizzle of olive oil in a medium bowl. Spoon yogurt mixture onto a platter and layer eggplants, kale, and tomatoes on top. Drizzle with more olive oil.



## Malidzano Eggplant Spread



Mediterranean eggplant spread... an unusual blend of ingredients that come together in wonderfully delicious way! Spread on pita chips or baguette slices.

By SAMOVILA

**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins

**Servings:** 6

**Yield:** 6 servings



### Ingredients

3 medium eggplants  
2 tablespoons olive oil  
4 cloves garlic, minced  
1 ½ cups crumbled feta cheese  
½ cup finely ground walnuts  
1 pinch salt and pepper to taste  
¼ cup olive oil

### Directions

#### Step 1

Preheat the oven to 400 degrees F (200 degrees C). Brush eggplants lightly with olive oil, pierce the eggplant skin with a knife, and place them in the oven. Roast until the skins are brown and the eggplant is soft, about 30 minutes. Remove from the oven, cool slightly, peel, and cut into chunks. Set aside in a bowl to drain off some of the liquid.

#### Step 2

Place the eggplant chunks into the container of a food processor, along with the garlic, feta cheese, walnuts, and olive oil. If it doesn't all fit, do this in batches then stir together. Process until well blended with just a few small chunks. The consistency should be thick. Transfer to a bowl, and season with salt and pepper. Serve as a side dish or appetizer.

### Nutrition Facts

**Per Serving:** 354 calories; protein 9.6g; carbohydrates 19.4g; fat 28.5g; cholesterol 33.4mg; sodium 427.1mg.