



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



This is one of those recipes that is easy to make and has many names and ways to be made.

Pasta with Eggplant, pasta con melanzane, or Pasta Norma, is a traditional pasta dish made with herby tomato sauce and tender eggplant. It is also a great Lenten dish.

Pasta with Eggplant



PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES

INGREDIENTS

- Two baby eggplants
- One medium-sized onion
- Three cloves of garlic
- 4 oz olive oil
- ¼ cup of white wine
- 1-28oz can crushed tomatoes
- 1 to 1 ½ pounds of pasta (I like Rigatoni)
- ½ can of water
- One tablespoon of dried parsley
- Six large fresh basil leaves (torn)
- One teaspoon of granulated garlic
- One teaspoon of salt
- One teaspoon of black pepper

INSTRUCTIONS

1. Cut the eggplant into cubes, leaving the skin on. Dice the onion and mince the garlic and set aside.
2. In a medium saucepan on medium-high heat, add 2 oz or half of the olive oil. Once the oil is hot, add the onions and garlic and sauté for 5 minutes.
3. Add the cubed eggplant, ½ teaspoons of salt and pepper, and the remaining 2 oz of olive oil, and fry for another 10 minutes until the eggplant is soft.
4. Add the crushed tomatoes, ½ can of water, white wine, parsley, granulated garlic, and fresh basil. Stir and simmer for another 30 minutes, stirring occasionally.
5. Bring a pot of salted water to boil. Add the pasta of your choice and cook until al dente.
6. Drain the pasta and add the eggplant sauce, mix it through. Add a generous portion of Pecorino Romano cheese, or if you want to make it more Sicilian, add some Ricotta Salata cheese.



Look for more recipes in the next edition of the SIAMO QUI

