

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Julia Child's Eggplant Pizzas

Adapted from a recipe found in "From Julia Child's Kitchen"

1 globe eggplant, about 8 ounces and 9-10 inches long
1 T salt, for drawing water out of eggplant
2 T olive oil, for brushing eggplant before roasting
2 tsp. dried Italian seasoning, for sprinkling on eggplant before roasting
10 large basil leaves, cut in chiffonade strips (optional)
1/3 cup freshly grated Parmesan
1/3 cup finely grated low-fat mozzarella blend
hot red pepper flakes for sprinkling finished pizza (optional)

Sauce Ingredients:

2-3 tsp. extra-virgin olive oil
3 large garlic cloves, very finely chopped
1 can (14.5 oz.) good quality petite diced tomatoes with liquid (or use 2 cups peeled and diced fresh tomatoes)
1/2 tsp. dried Italian seasoning blend
1/4 tsp. dried oregano (use Greek or Turkish oregano)

1. Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F.)
2. While the eggplant sits, make the sauce. Heat 2-3 tsp. olive oil (depending on your pan) and sauté the finely chopped garlic just until it becomes fragrant. (Don't let it brown.) Add the petite diced tomatoes, dried Italian seasoning, and dried oregano and let the sauce cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks.
3. After 30 minutes, blot the eggplant dry with paper towels (this also removes most of the salt.) Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes (but "not so long that the slices become mushy and lose their shape" as Julia says.)
4. While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. Serve hot, with red pepper flakes to sprinkle on pizza if desired.