



Pasta with Eggplant and Tomato



Ingredients



- 1/2 lb pasta
- 2 tbsp. olive oil
- 1 large eggplant
- 4 cloves garlic, finely chopped
- 1/2 tsp chili flakes
- 2 cups canned tomatoes finely diced
- 1/2 cup Romano or Parmesan, finely grated (optional)

Yield:
Serving Size: 2



Directions



1. Bring a pot of water to boil and add a pinch of salt. Cook pasta according to recipe, or until al dente.
2. In a frying pan, splash the olive oil to pan and put on high heat.
3. Add cubed eggplant cubes to the pasta, sprinkle with salt, and cook for about 5 minutes. If eggplant gets too dry, add water.
4. Once eggplant is browned on all sides, add chili flakes and stir. Add tomatoes and cook for about 5 minutes, stirring occasionally.
5. Once the pasta is cooked, drain it and add it to the sauce pan. Toss everything together, then turn off the heat. Add salt and pepper to taste.
6. Serve in bowls and sprinkle with Romano or Parmesan. cheese .

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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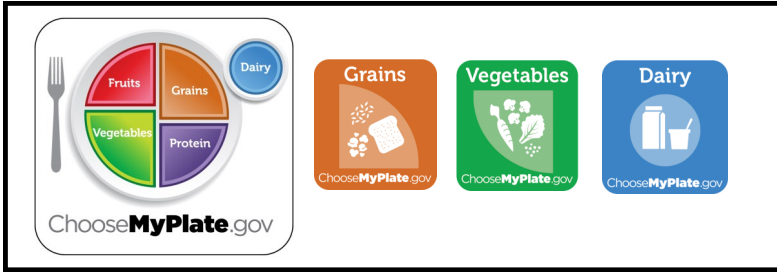
Fast Facts



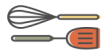
Featured Food Groups



Nutrition Facts



Cooking Tips



- Top your pasta with any vegetables you have on hand. Some recommendations: broccoli, cauliflower, spinach, zucchini, and peppers.
- Cheese and fresh basil is a nice addition as well.

Second Harvest is an equal opportunity provider.



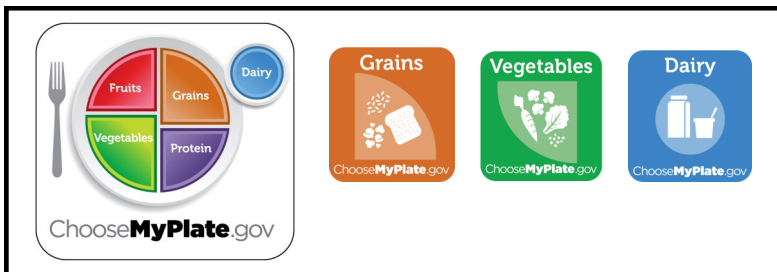
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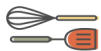
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