

Download Eggplant The Ultimate Recipe Guide Over 30 Healthy Delicious Recipes

Imam Bayildi is a healthy vegan twist on the usual breaded, fried eggplant casserole. The slices are covered in Mediterranean tomato sauce and baked. After trying my hand at coconut bacon and loving the flavor, I was left hoping for a texture that was closer to the real thing.. Enter: Eggplant. We've used eggplant to make delicious things like Baba Ganoush, Harissa Eggplant Dip, Eggplant Lasagna Roll-Ups, and Cashew-Less Vegan Queso, but bacon may perhaps be its most brilliant use yet.. This recipe is simple, requiring just 10 ingredients ...w.

What is Moussaka. The epitome of Greek comfort food, moussaka is basically a hearty eggplant casserole with a juicy, flavor-packed meat sauce. Topping the meat is either a rich bechamel sauce– a French influence that was introduced later–or, as in today's Moussaka recipe, a cheese-based topping. All-star braised eggplant recipe, prepared Greek style. Eggplants cooked to velvety tender perfection with chickpeas and tomato. Aromatics and a few spices round everything up. See our suggestions for what to serve with this satisfying meatless dinner. Vegan. Gluten Free.