



## Eggplant Fricassee

### Ingredients

- 3 medium eggplants, unpeeled, rinsed
- 3 medium ripe tomatoes
- 2 sweet onions, thickly sliced
- 1/3 cup extra virgin olive oil
- 3/4 tsp salt
- 1 1/2 tsp dry thyme (or fresh thyme to taste)
- 1 tsp dry rosemary
- 2 bay leaves
- fresh ground pepper to taste

### Directions:

1. Preheat the oven 350 F
2. Sautee the onions in the olive oil until just soft (*about 10 minutes*) but not fully cooked (*they will continue to cook in the oven*) and set aside.
3. Cut the eggplants into thick slices (about 1 inch) and the tomatoes into quarters and place them together in a large bowl.
4. Add the warm onions (*with the oil they are cooked in*), the spices, bay leaves, salt and pepper to the bowl and mix gently to coat all the ingredients (*see the little video clip below*).
5. Transfer to a large baking dish in one layer as best you can, and place in preheated oven.
6. Bake for an hour (*or more depending on your own oven, but make sure they are to the point of being almost caramelized, like the photo*), stirring gently twice throughout, to make sure all the juices cover the eggplants.
7. Serve with fresh sprigs of thyme.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**