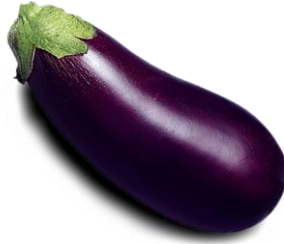


# Eggplant



Eggplant is an excellent source of dietary fiber and large quantities of minerals like potassium, magnesium, calcium and phosphorous. Eggplant is high in vitamin A (in the form of beta-carotene), B vitamins, folate and vitamin C. Eggplant is fat free, low in carbs and 27 calories per 1-cup serving, which makes it an excellent addition to any diet.

## Linguine with Eggplant Ragout

Serves 4    Prep Time: 10 minutes

Cook Time: 1 hour

### Ingredients

2 eggplants (about 2 pounds)  
1/4 cup extra-virgin olive oil  
1 large tomato, chopped  
1/3 cup chopped fresh basil

1 pound linguine pasta  
4 cloves garlic, finely chopped  
Salt and pepper

### Directions

1. Preheat the oven to 350°F. Pierce the eggplants all over, place on a baking sheet and cook until very soft, about 1 hour. Let cool slightly, then cut each eggplant in half and scoop the flesh into a bowl; discard the skin.
2. Meanwhile, in a pot of boiling, salted water, cook the linguine until al dente. Drain, reserving 1/2 cup of the pasta cooking water.
3. In a large skillet, heat the olive oil over medium heat. Add the garlic and cook, stirring, for 2 minutes. Add the tomatoes and their juice and cook until the liquid has reduced, about 10 minutes. Stir in the eggplant; heat through. Season with salt and pepper.
4. Add the pasta and basil; toss to coat. Add the reserved pasta cooking water as needed.