



GRILLED EGGPLANT WITH PISTACHIO-MINT SALSA

12 small eggplants, 3-4 inches long, cut in half lengthwise

Olive oil

Salsa:

1 cup Shelled pistachios, lightly pan-roasted and rubbed to remove skins, then cooled

1/2 cup loosely packed fresh mint leaves

1/2 cup loosely packed fresh parsley leaves

3 cloves fresh garlic, chopped

3 T fresh lemon juice

2 T Olive oil

1/2 tsp agave nectar

Salt to taste

In a blender, pulverize the roasted nuts with the mint and parsley and garlic into a paste. Add the remaining ingredients and pulse in the blender to combine. Add salt to taste.

Preheat the broiler. Grill the eggplants by laying them cut side down on a broiler pan, brushing or spraying them with olive oil and grilling four minutes, or until the skins blister and become charred. Using tongs, flip them over, brush a little more oil and return to the broiler for another minute or two. Remove them when the flesh browns, and serve hot with the salsa.

Make salsa first, since this is a dish that should be served piping hot.

If you can't find the small globe eggplants, you can substitute the long Chinese or Japanese ones. Almost all eggplant recipes want you to salt the slices and left them drain for a half hour. I don't like that, since so much of the nutrients also drain out. The salt treatment is to get rid of the bitterness, but I don't mind a tiny bit of bitter in my diet.

*Joyful cooking.
Healthy eating.*

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