



### **Moroccan Zaalouk Eggplant with Pan Roasted Tomato Sauce**

1 large eggplant  
Light salt as desired  
3 unpeeled garlic cloves  
2 to 3 large Roma tomatoes  
2 Tablespoons olive oil  
1/2 teaspoon chili powder  
1/2 teaspoon cumin  
1 Tablespoon tomato paste  
2 Tablespoons chopped parsley  
2 Tablespoons chopped cilantro  
Salt and black pepper to taste  
Garnish: Chopped cilantro and sprigs as desired

Peel the eggplant; cut into cubes. Salt them lightly.  
Spray nonstick 12 inch nonstick skillet lightly with oil. Place eggplant chunks evenly in hot skillet with unpeeled garlic cloves; cook covered over low heat until eggplant cubes have lost their moisture; about 20 minutes. Stir occasionally. Remove garlic cloves; peel; chop garlic.

Meanwhile, peel; chop the tomatoes; sauté in 10 inch skillet with olive oil, add chili powder, cumin, and tomato paste; cook forming a thick tomato sauce; stir in parsley and cilantro. Toss the eggplant and chopped garlic with warm tomato sauce. Serve warm or room temperature.

Serves: 2 to 4

**About the Recipe:** Zaalouk, a traditional Moroccan dish, is a fantastic appetizer or can be served as a side. The eggplant is pan roasted on the stovetop and then combines with the delightful rich fresh tomato sauce. Just add some chopped cilantro or parsley and it's ready for serving.

**Recipe Inspired by: Soleterre Onlus - Soleterre** promotes intervention to support already existing health facilities, or where none are available. ***It's*** a humanitarian organization that implements projects and activities to help vulnerable people.