



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

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## Eggplant With Olive Oil

Zeytinyaęlı Patlıcan



17.6 ounces eggplant  
2 onions  
3 tomatoes  
2 banana peppers  
1/3 cup olive oil  
1 cup frying oil  
8 garlic cloves  
1 + 1/2 tsp salt  
1 cube sugar

- # Peel the eggplants, and stand them in the salt water.
- # Chop the onion and the garlic cloves as tinny half circles. Dice the tomatoes and the peppers.
- # Roast the onion and garlic with olive oil at first, then add pepper, and then add tomato and roast for 5 minutes more.
- # Just before taking from the stove add salt and cube sugar.
- # Pour the mixture on the sliced and roasted eggplants. Let it stand for a while and serve.

**Note:** Eggplant with olive oil is an easy to digest meal. It is totally healthy.