



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

Eggplant With Olive Oil

Zeytinyađlı 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.