

Aubergine, Tomatoes, and Mushrooms

This is my go to summer dish when eggplant is at it's peak, everyone is hungry, and dinner needs to appear with the wave of my magic wand. From start to finish this can be on the table in 40 minutes or left to simmer longer if you desire.

Ingredients

2 medium sized eggplant (select only those with shiny skins that are firm to touch), cut into cubes, salt and put in a wire sieve over a bowl to drain away excess liquid. Blot cubes dry with paper toweling just prior to cooking.

3-4 large garden fresh tomatoes cut into large chunks or two baskets of cherry tomatoes, leave whole or quartered.

1lb of mushrooms sliced

4 shallots, peeled and diced fine

Optional: Finely chopped spinach leaves, fresh or frozen

Olive Oil

Tomato paste, 1-2 tbl

Salt

Pepper

Herbes de Provence, 1-2 tbl

Instructions

Heat a large heavy skillet, add oil, when it has warmed reduce heat to low and saute shallots.

Once shallots are soft and aromatic salt lightly, add mushrooms. Increase heat to medium, saute in open skillet for the first 5 minutes then cover and let mushrooms soften.

Remove mushrooms from heat and set aside in a bowl.

Add more oil to skillet, when it has warmed add cubed eggplant. Saute eggplant in open skillet for 10 minutes. Add chopped tomatoes, Herbs de Provence, reduce heat and cover, simmering until eggplant is tender.

Return mushrooms to the skillet, add tomato paste and spinach if you choose to do so, and simmer until flavors meld. Season with salt and pepper to taste. I have served this dish over pan roasted gnocchi, gluten free pasta, polenta, quinoa and rice- all were delicious.

This dish is incredibly adaptable to what produce is available. Eggplant can be easily swapped out with zucchini or any summer squash. A variety of mushrooms can be used adding further flavor and texture.