

Summer Nights Eggplants

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

I named this recipe after the beautiful summer nights I spent with my family on the balcony eating this tasty recipe because at this season in Greece we have plenty of eggplants and cook them in various ways

Ingredients

- - 2 large eggplants - ½ cup olive oil for frying - 2 medium onions
- chopped - 2 cloves garlic
- minced - 2 small tomatoes
- chopped - 1 green bell pepper
- seeded and chopped - 1 tablespoon chopped fresh parsley - salt and pepper to taste - 4 cups dry bread crumbs - 1 cup crumbled feta cheese

Instructions

1. Remove the leaves from the eggplants
2. and slice in half lengthwise. Carefully scoop out the centers of the eggplants
3. leaving a half-inch shell so they resemble 'canoes'. Cut the center portion into small pieces
4. and set aside. Preheat the oven to 350 degrees F (175 degrees C). Heat the oil in a large skillet over medium heat. Add the onions and garlic
5. and saute for a few minutes
6. until tender. Add the eggplant pieces
7. and cook until soft
8. about 5 minutes. Then
9. stir in the tomato
10. green pepper
11. and parsley. Simmer for about 10 minutes. Remove from the heat
12. and transfer to a large bowl. Stir in the bread crumbs until evenly blended. Divide the mixture evenly between the four eggplant shells. Sprinkle feta cheese over the top. Place the eggplant halves on a baking sheet. Bake for 15 to 20 minutes in the preheated oven
13. until the tops are browned and the cheese is melted. Serve hot or cold. I prefer them chilled.