



## Eggplants with Yogurt

**SERVINGS:** 6-8

### **INGREDIENTS**

7~8 Japanese eggplants

½ cup olive oil

1 ½ cups Greek style yogurt

### **For the sauce**

4 garlic cloves finely chopped

4 tablespoons olive oil

3 cups coarsely chopped tomatoes

2 cups chopped flat leaf parsley

Salt

Pepper

### **INSTRUCTIONS**

- ◆ Wash the eggplants and cut the tops off.
- ◆ Cut lengthwise, about ¼ inch thick.
- ◆ Place on a baking sheet.
- ◆ Sprinkle with salt and set aside for at least 30 minutes.
- ◆ All the bitter juices will come out. In the meantime prepare the tomato sauce. In a frying pan add the 4 tablespoons of olive oil.
- ◆ Sauté the garlic on high heat. Add the chopped tomatoes. Season with salt and pepper. Turn the heat to low. Let it simmer for about 20 minutes. Add the chopped parsley just a few minutes before removing from the heat.
- ◆ Once the sauce thickens a bit remove from the heat.
- ◆ Wipe all the juices and salt from the eggplants with paper towels.
- ◆ Brush with olive oil. Place under the grill to cook.
- ◆ They should take about 10 minutes for each side.
- ◆ Remove and place in a baking pan – approximate size 9x12 inches.
- ◆ Place one layer of eggplants. Follow with a layer of sauce.
- ◆ Make one more layer with eggplants and one more layer with tomato sauce. Layer the yogurt on top.
  
- ◆ Serve at room temperature or cold.