

## Melitzanes (Eggplant) Side Dish

*Mel-it-zhan-ees*

Submitted by Linda Lopos

### Ingredients:

- 2 med. Eggplant (cut into cubes----no need to peel)
- ½ cup fresh parsley, chopped
- 1 large chopped Vidalia onion
- 2 large cloves garlic (pressed or chopped)
- ¼ cup Extra Virgin Olive (or Canola) Oil
- 1 can (14 oz) Italian. Seasoned stewed tomatoes (or diced tomatoes)
- 1 can (8 oz) tomato sauce
- 1 tsp. dried basil
- Salt and pepper to taste (I use Lowry's seasoned salt)

### Preparation:

In a large pot (e.g. Dutch oven), sauté onions and garlic in olive (or canola) oil. Add cubed eggplant, tomatoes, tomato sauce, fresh parsley, basil, salt & pepper. Heat to a boil. Stir to incorporate vegetables and seasonings. Then reduce heat to a simmer, cover and cook 45 min. to 1 hour, stirring occasionally.

*“It is necessary most of all for one who is fasting to curb anger, to accustom himself to meekness and condescension, to have a contrite heart, to repulse impure thoughts and desires, to examine his conscience, to put his mind to the test and to verify what good has been done by us in this or any other week, and which deficiency we have corrected in ourselves in the present week. This is true fasting.”*

*St. John Chrysostom.*