

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Summer's Bounty of Veggies on a Plate!

Easy to Make, Delicious for Dinner: Eggplant and Tomato Strata*

3 Pounds Small Globe Eggplants
Sea Salt and Black Pepper
¼ Cup Olive Oil
2 ½ LBs Tomatoes, Chopped
1 Cup Minced Yellow Onions
6 Cloves Garlic, Grated
1 Cup Non Fat Greek Yogurt
1 Cup Light Sour Cream
3 TB Lemon Juice
2 TB Minced Tarragon
2 TB Chopped Parsley
½ TB Thyme
1 TB Minced Chives
1½ Cups Shredded Parmesan, divided
Step One Cut the eggplant into ½" circles. Lay in a colander and sprinkle with salt. Let sit for at least 30 minutes. In another colander, let the

chopped tomatoes drain for at least 30 minutes. Pat the eggplant dry before using.

Step Two Preheat the oven to 375F. Sauté the eggplant slices in batches, until golden brown on both sides. Remove and drain on a wire rack.

Step Three Add the onions to the pan and sauté until golden. Add the tomatoes and cook and stir until tomatoes release juice and it begins to evaporate. Season to taste with salt and pepper. Add in the garlic and cook for an additional minute or two.

Step Four Stir the yogurt, sour cream and lemon juice together. Add the tarragon, parsley, thyme, chives and ½ Cup Parmesan to the yogurt mixture.

Step Five In the bottom of a casserole dish; layer the eggplant, then the to-

mato sauce and the Parmesan. Do this 2 more times, ending with the tomato sauce. Top with the yogurt mixture and place in the oven for 40 minutes or until golden.

2 Kitchen Smidgen

In culinary terms, *Strata is a layered casserole. This summer dish fits the description perfectly - layers of meaty eggplant and luscious tomatoes topped with a layer of creamy dairy.

3 Get Creative

Serve the strata on top of polenta triangles. Make polenta as the package directs, using ½ skim milk and ½ water for the liquid required. After cooking, pour it into a parchment paper lined sheet pan about ¾" up the sides. Refrigerate until firm. Cut into triangles and place on the sheet pan. Broil until golden on the edges.

4 WINE of the Week

Gabbiano Chianti Classico
Tuscany, Chianti, Italy

Kroger about \$14.00

What's an Italian dish with eggplant without a classic Italian wine? This light old world red is a good pair with the acidity of the tomatoes and sharpness of the Parmesan. You'll find aromas of dark cherries with smooth tannins and a touch of vanilla in the glass.