

# **Eggplant Alla Sarda**

**Prep time:**

5 minutes

**Cook time:**

25 minutes

**Yields:**

8 servings

**Ingredients:**

- 4 eggplants medium size
- 2 garlic cloves
- 1 pinch crushed red pepper
- 1 cup fresh Italian parsley stems removed
- 1 cup crushed tomatoes
- Extra virgin olive oil
- Salt and pepper to taste

**Instructions**

1. Start by washing and pat-drying the eggplants. Cut each in half lengthwise and do criss-cross cuts into the eggplant halves. They'll help soak up the olive oil and herbs while roasting in the oven.
2. Finely chop fresh parsley leaves and garlic, mix with crushed red pepper, salt and pepper.
3. Rub each eggplant with parsley mixture saving some to put on top, trying to get it deep into the cuts. Top with 2-3 tablespoons of crushed tomatoes, drizzle of extra virgin olive oil and remaining parsley mixture.
4. Place in a preheated to 350F oven for 20-30 minutes. Cooking time depends on the size of the eggplants.