

Eggplant Curry from www.recipesource.com (recipe adapted by RDF)

Yield: 6 servings

4 lg Eggplants, peeled & cubed [Reduce quantity to 1 eggplant - RDF]	
3 lg Potatoes, chopped [Or 1 lb Russian Banana Fingerling Potatoes - RDF]	
1 large tomato, chopped [2 Romas - RDF]	
2 teaspoons salt	2 onions, chopped
2 garlic cloves, crushed	4 tablespoon oil
1 teaspoon Cumin seeds, crushed	1 teaspoon coriander
3 cardamom pods	2 teaspoons ginger, grated
1/2 teaspoon turmeric	2 chili peppers, crushed
1 teaspoon tomato paste	

Sprinkle eggplant pieces with salt & set aside for 6 to 8 minutes. Meanwhile in a large skillet, sauté onions & garlic in the oil until golden, stirring & ensuring that it's not scorching.

Add all the spices & peppers & stir-fry a couple of minutes.

Squeeze eggplant pieces to get rid of excess moisture. Add the eggplant to the pot. Stir until the eggplant becomes limp & slightly golden.

Add more oil if necessary add the potatoes & let them brown on all sides.

When potatoes are somewhat tender, but still fork resistant, add tomatoes, paste & 1 1/2 cups of water. Stir, bring to a boil, reduce heat & simmer until vegetables are tender but not mushy.

The sauce should be thick, like syrup. If too thin, simmer a little longer. Serve over rice.

Lentil Salad with Tomato and Dill from Gourmet | August 2005

Makes 4 to 6 side-dish servings.

1 cup dried lentils	1 large garlic clove, chopped
1 teaspoon salt, or to taste	3/4 lb tomatoes, diced (2 cups)
4 large scallions, thinly sliced (3/4 cup) [Or substitute with red onions. -RDF]	
1/4 cup chopped fresh dill	1/4 cup thinly sliced fresh basil
3 tablespoons red-wine vinegar, or to taste	1/4 cup extra-virgin olive oil
1/4 teaspoon black pepper	

Bring 4 cups water to a boil in a 2-quart heavy saucepan with lentils, garlic, and 1/2 teaspoon salt, then reduce heat and simmer, uncovered, until lentils are just tender, 15 to 25 minutes. Drain in a large sieve, then transfer to a large bowl.

Toss hot lentils with tomatoes, scallions, dill, basil, vinegar, oil, pepper, and remaining 1/2 teaspoon salt, or to taste.

Hummus Recipe from www.dedmed.com-a.googlepages.com/hummus

[Prepare this simple dish as a dip for your sliced sweet peppers and some pita bread. You can watch how to assemble this dish by going to the www.dedmed.com website. -RDF]

1/4 cup yogurt	1 can garbanzo beans "Chick Peas"
1/2 cup Tahini (Sesame Seed Paste)	1/2 cup lemon juice
2-3 cloves of garlic	1/2 tablespoon salt
2 tablespoons water if too thick	3-4 fresh mint leaves
2 tablespoons fresh parsley for garnish	1 tablespoon of cayenne pepper or paprika
1/4 cup olive oil	

Mix first 9 ingredients and blend until smooth [in a food processor] and to desired consistency. Garnish with parsley, cayenne pepper and olive oil.