

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 garlic cloves, crushed

1 teaspoon. Cumin seeds, crushed

3 cardamom pods

½ teaspoon turmeric

1 teaspoon tomato paste

2 onions, chopped

4 tablespoon oil

1 teaspoon coriander

2 teaspoons ginger, grated

2 chili peppers, crushed

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 & 1½ 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 teaspoon salt, or to taste

4 large scallions, thinly sliced (¾ cup) [Or substitute with red onions. -RDF]

¼ cup chopped fresh dill

3 tablespoons red-wine vinegar, or to taste

¼ teaspoon black pepper

1 large garlic clove, chopped

¾ lb tomatoes, diced (2 cups)

¼ cup thinly sliced fresh basil

¼ cup extra-virgin olive oil

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 ½ teaspoon salt, or to taste.

Hummus Recipe from www.dedemed.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.dedemed.com website. -RDF]

¼ cup yogurt

½ cup Tahini (Sesame Seed Paste)

2-3 cloves of garlic

2 tablespoons water if too thick

2 tablespoons fresh parsley for garnish

¼ cup olive oil

1 can garbanzo beans "Chick Peas"

½ cup lemon juice

½ tablespoon salt

3-4 fresh mint leaves

1 tablespoon of cayenne pepper or paprika

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