

Eggplant Salad (Matbucha)

Recipe By *Beth Warren*



Cooking and Prep:  40
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Serves:  10

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Passover

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten
Free, Low Fat, Low Carb, Sugar

Free

Source: Whisk by Ami
Magazine

Cuisines: Moroccan

My sister Adena makes this recipe to go along with her Shabbat meals. I love the spicy flavor as an addition to any meal or added to sandwiches. You may have to adjust the spicy flavoring to your taste.

Ingredients (8)

Main ingredients

1 large eggplant

1 teaspoon salt

- 1 tablespoon **Bartenura Extra-Virgin Olive Oil**
 - 4 cloves garlic, minced or 4 cubes **Gefen Frozen Garlic**
 - 1 jalapeño pepper, chopped
 - 1 (20-ounce) can whole tomatoes
 - 8 ounces **Gefen Tomato Sauce**
 - red pepper flakes (*optional*)
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Start Cooking

Prepare the Eggplant Salad

1. Peel and dice eggplant. Place in strainer and sprinkle salt. Allow the juices to drip out.
2. Heat oil in a medium saucepan. Add garlic, eggplant, and jalapeño, and sauté until soft; mash consistently.
3. Add whole tomatoes and tomato sauce and keep mashing.
4. Add a sprinkle of red pepper flakes for more spice, if desired.

Note:

Per serving (2 tablespoons): Calories 61.3; Fat 2.6 g (saturated 0.4 g); Cholesterol 0 mg; Sodium 591.7 mg; Carbohydrate 9.6 g; Fiber 2.9 g; Protein 1.7 g