



The Micheff Sisters

Wholesome Grains (2/3/16)

Mediterranean Rice

Ingredients:

- 1 medium eggplant, coarsely diced
- ½ tsp. salt
- 1 medium eggplant, sliced in ¼-inch rounds
- 1 c. unsweetened original almond milk
- 2 c. Italian seasoned breadcrumbs

Rice mixture:

- 1 medium onion, diced
- 2 cloves garlic
- 1 16 oz. can garbanzo beans
- ½ c. sweet yellow pepper, coarsely diced
- 1 tsp. fresh parsley, chopped
- 1 Tbs. McKay's Chicken Style Seasoning
- 2 Tbs. Better than Bouillon No-Chicken Base
- 1 tsp. red pepper flakes
- 4 c. cooked brown rice
- 1 Tbs. fresh lemon juice



Directions:

Wash the eggplant, cut off the ends, and coarsely dice. Place on a non-stick cooking sheet that has been sprayed with a non-stick cooking spray. Spray again with non-stick cooking spray. Sprinkle with salt. Roast in oven at 400 for 20-25 minutes or until eggplant is soft and edges are golden. Set aside.

Wash the second eggplant and cut off the ends. Cut into ¼-inch slices. Dip each slice in the almond milk, then coat in breadcrumbs. Place on a non-stick baking pan and spray with non-stick cooking spray or use a silicon baking mat. Spray the tops with non-stick cooking spray. Bake in a 400 degree oven for 10-15 minutes. Turn, spray with non-stick cooking spray, then bake for an additional 5 minutes or until golden brown.

In a medium size skillet that has been sprayed with non-stick cooking spray, sauté onion and garlic until onion is clear. Add the remaining ingredients, including the roasted eggplant. Mix well and place in an oval baking dish. Line the edges with baked eggplant rounds. Place in a 375 oven for 10 minutes. Serve hot.

Yields: 6 cups

Brenda Walsh