

chef penny's middle eastern eggplant and squash

SERVES 1 • READY IN 20 MINUTES OR LESS

PHASE 3



Ingredients:

- 1 cup eggplant, cubed
- 1 cup halved sliced squash
- olive oil cooking spray
- 1 tsp turmeric powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- salt and pepper to taste
- 2 whole eggs
- 3 oz cubed ham
- 1 tbsp white wine vinegar
- 2 cups red leaf lettuce (or your favorite)
- 1 tbsp green onion

Penny's Herb Sauce

- 1 tbsp mustard
- 1 cup of your favorite herbs
- 1 tbsp capers
- 1/2 cup lemon juice
- 1 tsp olive oil

Ham, Eggplant and Squash Mixture: Preheat oven to bake at 375 degrees. Use an oven-safe pan or sheet pan, line with parchment paper or aluminum foil.

Cube and spread out the ham. Clean and slice in squash into slices and half-moon shapes. Peel and cube eggplant place on sheet and spread out. Spray with cooking spray, add onion powder, garlic powder, salt, pepper and turmeric, toss and bake for 10 minutes. Check periodically to avoid drying out the veggies.

Once you see the ham is cooked and vegetables have softened and turning color, turn off bake and turn on broiler. Cook for another 3-5 for that golden brown finish. Remove and set aside.

Penny's Herb Sauce: In a small food processor, toss in all the ingredients except water (save that if sauce is not runny enough) and pulse until emulsified. The sauce is ready when it somewhat sticks to back of the spoon. Refrigerate until serving time.

Poached Eggs: Bring a large pot of water to a boil, then reduce to low. Crack the eggs, one at a time into a small ramekin or bowl. Do not place both eggs in the same ramekin, keep them separate.

Add 1 tbsp. of the vinegar (white or apple cider only) and stir to create a vortex in the pot of boiled water. Pour the entire egg, one at a time, from the ramekin to the middle of the vortex and set timer for 3 minutes.

Once the egg is done, use a slotted spoon to remove the poached egg. Transfer to dry paper towel to remove any excess liquid. Repeat the process with second egg. Serve immediately.

At the base of your plate, place your red leaf lettuce, followed by the ham, eggplant, and squash mixture and top with your poached eggs. Drizzle Penny's Herb Sauce over eggs and top green onion and enjoy!