BeWell recipe of the month:

Eggplant and Tomato Sauté

From the kitchen of Lane McKenna, from BeWell Stanford

Serves 3-4 as a side dish

Ingredients:

- 1 diced eggplant (1-inch squares)
- 1/8 cup extra virgin olive oil
- 1 14.5 oz. can diced petite tomatoes
- 1 minced clove garlic
- ¼ cup light brown sugar
- Big splash of quality balsamic vinegar
- 1 sprig fresh rosemary, minced
- Kosher salt and fresh ground pepper to taste
- Pinch of red pepper flakes, optional

Directions:

1. After cutting up the eggplant, salt lightly and let dry on paper towels for 10+ minutes.
2. In a large sauté pan, heat olive oil, then add the eggplant and sauté until cooked but still firm, approximately 10 minutes.
3. Add garlic and sauté another minute. Then add remaining ingredients and sauté, stirring, until cooked to desired tenderness.
4. Serve as an accompaniment to roasted chicken, beef, pork or a spicy fish. Or, mix into cooked pasta with a dash more EVO.