

Cheesy Vegetables

茄子のグラタン風

● Ingredients (servings 2)

1 Onion

1 Small Eggplant

3 cups Fresh Spinach

1 Tbsp. Vegetable Oil

2 Tbsp. Margarine

1 Tbsp. Extra Virgin Olive Oil

1 cup shredded Cheese (any kind is okay) (total)

$\frac{1}{4}$ tsp. Salt

$\frac{1}{8}$ tsp. Black Pepper

Chopped parsley and black olives (for topping to taste)

● Prepare Vegetables



Cut off the hull of a washed eggplant and cut lengthwise. Then cut into half inch wide slices.



Slice a peeled onion.
Wash 3 cups of fresh spinach well.

If you have time after cutting the eggplant, soak it in a mixture of 1 cup water and 1 Tbsp. of white vinegar. This prevents the eggplant from changing color.



- Preheat oven to 400 degree Fahrenheit
- Sauté



In a saute pan, heat 1 Tbsp. of vegetable oil and 2 Tbsp. of margarine.

Saute the sliced onion and the sliced eggplant over medium heat for 5 minutes.

When the onion turns clear color, add 3 cups of the washed spinach and cook over medium heat until the spinach is tender for about 3 minutes.

● Season



Season with $\frac{1}{4}$ tsp. of salt and $\frac{1}{8}$ tsp. of black pepper.



Add $\frac{1}{2}$ cup of shredded cheese to the sauté pan and stir.



When the cheese and the vegetables mix well, transfer to a greased baking dish.



Sprinkle remaining $\frac{1}{2}$ cup of shredded cheese on the vegetables.



Drizzle with 1 Tbsp. of extra virgin olive oil and Bake for 10 minutes until the cheese melts nicely.

Top with some chopped parsley and black olives to taste.

