

Quick baked eggplant



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For 3-4 servings:

3 large eggplants

1 head of garlic, finely chopped

1 can diced tomatoes (or 1/2 kg tomatoes, finely chopped)

2-3 tsp. oregano (dried or fresh)

2 tablespoons olive oil

salt and pepper, to taste

Wash the eggplants and slice them lengthwise, about 1 cm thick. Grill each slice about 2-3 minutes per side.

Grease an oven tray with a little olive oil and place a layer of eggplant, add on top some garlic, oregano, salt, pepper and tomatoes. Repeat the process until you get 3-4 layers.

Bake in the oven, on medium heat, about 1/2 hour.

Variation: the eggplants can be used without being grilled, but you have to bake them longer in the oven.