

## **Eggplant, Zucchini, Tofu and Penne Salad** (“The Splendid Grain” Rebecca Wood)

*I serve this hearty and colorful salad whenever fresh eggplant and zucchini are both available. I advise salting eggplant before cooking it. The salt draws out the eggplant’s bitter properties and makes it more tender and easier to digest.*

Serves 4-6

1 medium (12 ounces) eggplant  
2 tsp sea salt  
½ cup extra virgin olive oil  
1 small onion, diced  
2 cloves garlic, minced  
2 small zucchini, scrubbed and cut into small chunks  
1 red bell pepper, roasted, peeled, seeded and diced  
6 ounces firm tofu drained and cut into 1 inch cubes  
tamari soy sauce to taste  
6 cups cooked penne (12 ounces uncooked penne)  
¼ cup plus 2 Tbsp minced fresh flat leaf parsley  
1 Tbsp fresh lemon juice  
2 tsp balsamic vinegar

Wash and trim the eggplant and cut in into small cubes. Put in a colander and toss with 2 tsp salt. Let drain for 2 hours. Rinse well, drain and pat dry. Set aside.

Heat ¼ cup of the olive oil in a large sauté pan over medium heat. Add the onion and garlic and sauté for about 5 minutes or until translucent. Add and sauté eggplant for about 7 minutes or until the eggplant is just soft. Add the zucchini and sauté for about 5 minutes or until soft. Add the pepper and the tofu and sauté for 3 minutes more or until heated through. Add soy sauce to taste.

Put the penne in a bowl. Scrape in the eggplant mixture. Add the remaining ¼ cup of oil, ¼ cup of the parsley, lemon juice and vinegar. Toss just to blend. Taste and adjust the seasoning. Place on an oval serving platter. Sprinkle with the remaining parsley and serve.