



Balsamic Glazed Caramelized Carrot & Eggplant Sauté

Some tips:

- ❖ Remember to cook the carrots so they are caramelized soft but with a nice bite.
- ❖ Eggplant can get mushy so make sure to sear it and keep the inside a bit more al dente.
- ❖ Texture is important in this dish, you want to make sure both vegetables are tender but firm.
- ❖ Cutting the carrots on the diagonal gives them more surface area. Cut a piece then give a quarter turn to the carrot and cut another cube.

INGREDIENTS

2.5 c carrots, peeled, cut into chunks

1/2 c onion, thinly sliced

4 c (1 med or 2 sm Italian) eggplant, cut into cubes (I leave the skins on, but remove if you don't like the texture)

1/3 c balsamic vinegar

1/2 T honey

Oil, salt, pepper

DIRECTIONS

1. The carrots can be roasted or pan boiled. Your choice. If roasting, place them on a baking sheet, drizzle with oil to coat, sprinkle with salt & pepper. Roast the carrots until they are caramelized. (I like the flavor when oven roasting the carrots. Plus while are roasting, you can be cooking the onions and eggplant. However, if you prefer to do this in all in one pan, you can. Simply add enough water to the pan and steam the carrots until water evaporates. Add oil and let cook over medium low heat until nicely tender. Set aside and continue the rest of the recipe.)
2. While the carrots are cooking by your preferred method, begin sautéing the onion until soft then add the eggplant cubes. Add more oil as needed to soften eggplant until tender but not mushy. Once cooked, remove the eggplant and onions, set aside.
3. Add the balsamic vinegar and honey to the pan and reduce and let slightly thicken.
4. Add the carrots, eggplant and onions and mix to combine. Serve with a drizzle of olive oil.