

Curried Eggplant With Tomatoes And Basil



Con Poulos

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Serves 4

Hands-On Time: 15m

Total Time: 25m

Ingredients

1 cup white basmati rice
Kosher salt and black pepper
1 tablespoon olive oil
1 onion, chopped
2 pints cherry tomatoes, halved
1 eggplant (about 1 pound), cut into 1/2-inch pieces
1 1/2 teaspoons curry powder
1 15.5-ounce can chickpeas, rinsed
1/2 cup fresh basil
1/4 cup plain low-fat yogurt (preferably Greek), optional

Directions

1. In a medium saucepan with a tight-fitting lid, combine rice, 1 1/2 cups water, and 1/2 teaspoon salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 18 minutes. (Do not lift the lid or stir!) Remove from heat and let stand, covered, for 5 minutes; fluff with a fork before serving.
2. Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes. Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and 1/4 teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.
3. Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until the eggplant is tender, 12 to 15 minutes. Stir in the chickpeas and cook just until heated through, about 3 minutes.
4. Remove from heat and stir in the basil. Serve over the rice with yogurt, if using.

By Sara Quessenberry, April 2009