Vegetarian Eggplant Cakes with Grilled Vegetables



What You'll Need

Scarlet Pearl Tomato Sauce

› 4 Red Sun Farms scarlet pearl tomatoes, quartered
› 2 shallots, sliced
› 1 garlic clove, sliced
› 2 oz olive oil
› 1 tbsp basil, chopped
› 1 tbsp parsley, chopped
› 8 oz tomato juice
› 2 oz red wine vinegar
› Salt and pepper, as needed

Vegetarian Eggplant Cakes

› 1 Red Sun Farms purple eggplant, peeled, cut into strips, grilled, and cooled
› ½ yellow squash, cut into strips, grilled, and cooled
› 1 Red Sun Farms red bell pepper, seeded, cut, grilled, and cooled
› ½ green zucchini, cut into strips, grilled, and cooled
› 1 portabella mushroom, grilled and cooled
› 2 cup baby spinach, sautéed, cooled, rung of all water
› 1 tbsp fresh basil, chopped
› 4 oz parmesan cheese, grated
› 2 eggs, cracked and beaten
› Panko breadcrumbs, as needed
› Salt and pepper, as needed

Directions

Scarlet Pearl Tomato Sauce

1. Combine tomatoes, shallots, garlic in a bowl.
2. Season with oil, salt and pepper, and herbs.
3. Lay out on sheet pan and cook in oven at 325°F for 20 minutes.
4. Add cooked vegetable mixture to a sauce pan.
5. Add tomato juice and vinegar.
6. Simmer for 15 minutes.
7. Add mixture to a blender and blend until a smooth sauce consistency is achieved.
8. Season with salt and pepper to taste.

Vegetarian Eggplant Cakes

1. Small dice all chill vegetables and combine in stainless steel bowl.
2. Add basil, season with salt and pepper to taste.
3. Add cracked egg and parmesan cheese.
4. Thoroughly mix by hand.
5. Add panko breadcrumb until mixture stiffens and can be formed into cakes.
6. Sear cakes in hot pan with olive oil until golden brown in color.
7. Transfer to a 350°F oven.
8. Cook for 8 minutes or until cakes are hot and cooked through.
9. Serve with Scarlet Pearl Tomato Sauce and accompaniments of choice.