

Eggplant Newburg

1 medium eggplant, peeled and cut into ½-inch dice
12 medium mushrooms, quartered
2 16-oz. cans tomatoes, including juice, coarsely chopped

½ cup sherry
¼ cup nutritional yeast flakes
¼ cup tahini
3 Tbsp. tamari or soy sauce

Freshly ground black pepper to taste

Place the eggplant, mushrooms, tomatoes and their juice in a large skillet or wok, and bring to a boil. Reduce the heat to medium, cover, and simmer, stirring often, until the eggplant is tender but still firm (about 25–30 minutes).

Stir together the remaining ingredients until smooth. Turn off the heat and stir the tahini mixture into the eggplant and tomatoes. Mix until well combined. Season to taste with freshly ground black pepper and serve immediately over rice, pasta or split biscuits.

4–6 servings

Per serving: 173 calories; 8g protein; 5g fat; 22g carbohydrate; 0mg cholesterol

Source: *The Uncheese Cookbook* by Joanne Stepaniak (The Book Publishing Company, 1994), ISBN 0-913990-42-6