

Roasted Eggplant

Ingredients

- 1 pound eggplant, peeled and cut into 2-inch cubes
- 1½ teaspoons sea salt
- 2 tablespoons extra virgin olive oil
- ½ teaspoon freshly ground black pepper

Instructions

1. Arrange eggplant cubes in a single layer on a paper towel lined baking sheet. Sprinkle the eggplant cubes with ½ teaspoon of the sea salt and allow to rest for about 15 - 20 minutes until moisture beads on the eggplant. Pat dry with paper towels. Remove the paper towel from underneath the eggplant and preheat the oven to 425°F.
2. Drizzle the extra virgin olive oil over the eggplant and sprinkle with the remaining sea salt and pepper. Toss to make sure that the eggplant is coated completely.
3. Roast the eggplant until just fork tender, about 25 minutes.

