

Download Eggplant The Ultimate Recipe Guide Over 30 Healthy Delicious Recipes

Broccoli: The Ultimate Recipe Guide - Over 30 Healthy & Delicious Recipes by Jonathan Doue M.D. Book starts out with a table of contents where recipes are not in any specific order. Intro talks about the healthy benefits of eating broccoli. No section or recipe starts at the top of a new page. Packed with peppers, onions, eggplant, zucchini, tomatoes and basil; this recipe is ready in just 35 minutes and is bursting with flavor. Coconut Chicken Curry Chicken drumsticks are marinated in yogurt with curry spices, then baked and served with a creamy coconut sauce with eggplant and brown rice for a taste of India from your kitchen. Eggplant Recipes. It's hearty, filling and delicious. Another eggplant recipe that I make quite often is this grilled eggplant recipe. Brushed with olive oil and balsamic vinegar then grilled, it is an easy recipe that tastes so good. Please scroll down for my collection of tasty, healthy eggplant recipes. These 19 recipes will guide you through some of the best ways to cook with eggplant, from classics like baba ganoush to exciting new ideas like eggplant quesadillas. Before you know it, you'll be ...