

PENNE PASTA PROVENCAL

If you haven't tried cooking with eggplant yet, this is a great recipe to test it out!

from Jill Yarbrough, MSU Test Kitchen Dining Manager

Featured Food: Eggplant

Yield: Serves 4-6

Ingredients

1 ½ c. penne pasta	1 c. Campbell®'s tomato juice
1 eggplant, peeled and diced	1 c. canned diced tomatoes; drained, juice reserved
1 c. zucchini, unpeeled, half-moon slices	¼ t. oregano
1 c. red pepper, diced	¼ t. rosemary, crushed
1 c. mushrooms, sliced	⅓ t. thyme
¼ c. onions, diced	1 ½ t. Mrs. Dash® Tomato Basil Garlic Seasoning
2 T. fresh basil, chopped	½ t. sugar
3 T. fresh parsley, chopped	1 ½ t. vegetable base
1 ¾ t. garlic, minced, ¼ tsp reserved	2-3 T. vegetable or olive oil

Preparation

Boil pasta until al dente. Cool and set aside. If desired, salt eggplant according to directions in accompanying article. Prepare vegetables and herbs. Make sauce by combining tomato juice, drained diced tomatoes, dried herbs, 1 ½ tsp garlic, sugar and vegetable base; simmer for 20 minutes. Add fresh basil and parsley. Add some of reserved tomato juice as needed. Continue simmering for 10 minutes. Taste. Add more sugar or herbs if needed for flavor.

Heat oil in deep sauté pan; add ¼ t. garlic. Add peppers, onions and zucchini; cook until tender/crisp. Add eggplant and mushrooms; cook until mushrooms are soft. Add Mrs. Dash® seasoning. Stir in pasta and sauce. Heat through and serve.