



Makes 16 slices
Preparation Time: 20 minutes
Cook Time: 25 minutes

INGREDIENTS:

1¼ to 1½ lb. Italian/globe eggplant (1 large or 2 medium)

2 tablespoons low-sodium vegetable broth

1 tablespoon reduced-sodium soy sauce

1 tablespoon pure maple syrup

3 cloves garlic, minced

2 teaspoons minced fresh ginger

½ of a fresh long medium-hot red chile, finely chopped (see tip, recipe intro)

¼ teaspoon freshly ground black pepper

1 scallion, thinly sliced

1½ tablespoons coarsely chopped roasted cashews

1 tablespoon coarsely chopped fresh cilantro

1 tablespoon coarsely chopped fresh mint

2 teaspoons sesame seeds, toasted

Vietnamese Eggplant with Cashews, Sesame, and Chile

These full-flavored baked Vietnamese **eggplant** rounds complement virtually any Asian-inspired meal as a warm side or room-temperature **salad**. They're wonderfully easy to prepare. Simply slice the eggplant into rounds and roast them in the oven. Then, drizzle with a tasty soy sauce dressing flavored with ginger, fresh chile, and garlic. Pop them back in the oven for a few minutes until the eggplant looks glossy, then garnish with scallion, cashews, cilantro, mint, and sesame seeds. Yum!

Tips

Eggplant varieties: The recipe calls for Italian or globe eggplant. You can also use slender Chinese eggplant and slice it on the bias to get good-size rounds.

Gluten-free version: To make this gluten-free, use tamari instead of soy sauce.

Wear gloves: Wearing gloves is advised when cooking with hot chiles, as they contain oils that can irritate your skin and eyes.

For more inspiration, check out these tasty ideas:

- [Grilled Chinese Eggplant with Spiced Vinegar Sauce](#)
- [Sichuan Eggplant with Potatoes](#)
- [Fried Rice Waffles with Silken Braised Eggplant](#)
- [Roasted Eggplant and Buckwheat Groats Fattoush](#)

By Cameron Stauch

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Trim off stem end of eggplant and discard. Cut eggplant crosswise into about 16 ¾-inch-thick slices. Place slices in a single layer on prepared baking sheet. Bake 25 minutes or until tops are lightly browned and the flesh is soft.
- 2 Meanwhile, in a small bowl stir together the next seven ingredients (through black pepper). Spoon evenly over baked eggplant slices. Return to oven. Bake 5 to 8 minutes more or until most of the liquid has been absorbed and eggplant looks glossy.
- 3 Sprinkle with scallion, cashews, cilantro, mint, and sesame seeds.