

# best vegan eggplant recipes

**best vegan eggplant recipes** offer a delicious and versatile way to enjoy this nutrient-rich vegetable while adhering to a plant-based diet. Eggplant, also known as aubergine, is a staple in many vegan dishes due to its meaty texture and ability to absorb flavors. This article explores a variety of the best vegan eggplant recipes that cater to different tastes and culinary traditions. From hearty eggplant stews to grilled and roasted creations, these recipes highlight the vegetable's adaptability and nutritional benefits. Additionally, tips for selecting, preparing, and cooking eggplant will be covered to help elevate home cooking experiences. Readers will find inspiration to incorporate eggplant into breakfasts, lunches, dinners, and even snacks. The following sections present a comprehensive guide, making it easy to discover and master the best vegan eggplant recipes.

- Classic Vegan Eggplant Dishes
- Innovative Vegan Eggplant Recipes
- Cooking Techniques for Eggplant
- Health Benefits of Eggplant in a Vegan Diet
- Tips for Selecting and Preparing Eggplant

## Classic Vegan Eggplant Dishes

Classic vegan eggplant dishes have been cherished across various cultures for centuries. These recipes emphasize traditional methods and flavors, often using simple, wholesome ingredients to highlight the natural taste and texture of eggplant. Many of these dishes are suitable for both everyday meals and special occasions, showcasing the vegetable's culinary importance.

## Vegan Eggplant Parmesan

Vegan eggplant Parmesan is a plant-based twist on the Italian favorite. Instead of dairy cheese, this recipe uses cashew-based cheese or nutritional yeast to provide a rich, cheesy flavor. Slices of breaded and baked or fried eggplant are layered with a robust tomato sauce and vegan cheese, then baked until bubbly and golden. This dish is a satisfying main course rich in flavor and texture.

## **Mediterranean Baba Ganoush**

Baba ganoush is a smoky, creamy eggplant dip popular in Middle Eastern cuisine. Roasted eggplant is blended with tahini, garlic, lemon juice, and olive oil to create a smooth spread ideal for dipping vegetables, pita bread, or as a sandwich component. This recipe represents a healthy and flavorful way to enjoy eggplant raw or cooked.

## **Ratatouille**

Ratatouille is a classic French vegetable stew that prominently features eggplant alongside zucchini, bell peppers, tomatoes, onions, and herbs. This hearty dish is naturally vegan and celebrates seasonal produce. Slow cooking allows the flavors to meld, resulting in a comforting, aromatic meal that pairs well with grains or bread.

## **Innovative Vegan Eggplant Recipes**

Beyond traditional preparations, innovative vegan eggplant recipes explore creative culinary uses of eggplant, incorporating global influences, modern techniques, and unique flavor combinations. These recipes appeal to those seeking fresh ideas and exciting tastes in plant-based cooking.

## **Stuffed Eggplant with Quinoa and Chickpeas**

This recipe involves hollowing out eggplants and filling them with a protein-rich mixture of quinoa, chickpeas, herbs, and spices. The stuffed eggplants are then baked until tender and flavorful. This dish offers a balanced meal with fiber, protein, and complex carbohydrates, suitable for lunch or dinner.

## **Eggplant “Bacon” Strips**

Eggplant can be transformed into a smoky, crispy vegan bacon alternative through marinating thin slices in a mixture of soy sauce, liquid smoke, maple syrup, and spices, followed by baking or pan-frying. This innovative recipe is perfect for adding a savory crunch to sandwiches, salads, or breakfast dishes.

# Grilled Eggplant Tacos

Grilled eggplant slices seasoned with smoky spices make an excellent filling for vegan tacos. Combined with fresh salsa, avocado, and cilantro, these tacos provide a flavorful, plant-based option for casual meals or entertaining guests.

## Cooking Techniques for Eggplant

Mastering cooking techniques is essential to maximize the flavor and texture of eggplant in vegan recipes. Different methods can enhance or soften the vegetable's natural qualities, and knowing when to use each technique leads to superior dishes.

### Roasting

Roasting eggplant caramelizes its sugars and softens the flesh, intensifying its flavor. To roast, slice or cube the eggplant, toss with olive oil and seasoning, then bake at high heat until golden and tender. This method is ideal for salads, dips, and as a side dish.

### Grilling

Grilling imparts a smoky char to eggplant, complementing its mild flavor. Thick slices or halves are brushed with oil and grilled over medium-high heat until marked and soft. Grilled eggplant works well in sandwiches, salads, and as a main component in vegan recipes.

### Frying and Sautéing

Frying or sautéing eggplant provides a crispy exterior and creamy interior. Because eggplant absorbs oil readily, it is important to use moderate amounts of cooking fat and consider salting the eggplant beforehand to reduce bitterness and moisture. These methods are common in dishes like eggplant Parmesan or stir-fries.

## Health Benefits of Eggplant in a Vegan Diet

Eggplant offers numerous health benefits, making it a valuable addition to a vegan diet. It is low in calories yet rich in fiber, vitamins, and antioxidants, contributing to overall wellness and disease prevention.

## **Rich in Antioxidants**

Eggplant contains anthocyanins, particularly nasunin found in the skin, which act as powerful antioxidants. These compounds help protect cells from damage caused by free radicals and may reduce the risk of chronic diseases.

## **Supports Heart Health**

The fiber, potassium, vitamin C, and vitamin B6 in eggplant promote cardiovascular health. Regular consumption can help lower cholesterol levels and improve blood pressure, key factors in heart disease prevention.

## **Aids Digestion and Weight Management**

High dietary fiber content supports healthy digestion by promoting regular bowel movements and gut health. Additionally, eggplant's low calorie density makes it an excellent food for weight management within a balanced vegan diet.

## **Tips for Selecting and Preparing Eggplant**

Choosing the right eggplant and preparing it properly are crucial steps in creating the best vegan eggplant recipes. This section outlines practical tips to ensure optimal flavor and texture in cooking.

### **Selecting Eggplants**

Choose eggplants that are firm, smooth, and glossy with vibrant skin color. Avoid those with soft spots, wrinkles, or blemishes. Smaller to medium-sized eggplants tend to have fewer seeds and a sweeter taste.

### **Preparing Eggplant for Cooking**

To reduce bitterness and excess moisture, many recipes recommend salting sliced eggplant and letting it sit for 20-30 minutes before rinsing and patting dry. This step also helps prevent the vegetable from absorbing too much oil during cooking.

## **Storage Tips**

Eggplants are best stored at room temperature and used within a few days to maintain freshness. Refrigeration can cause the flesh to become spongy and brown, affecting texture and flavor.

## **Essential Seasonings and Pairings**

Eggplant pairs well with Mediterranean herbs such as basil, oregano, and thyme, as well as spices like cumin, smoked paprika, and garlic. Acidic ingredients like lemon juice or vinegar can brighten its flavor, while nuts and seeds add texture and richness.

- Choose firm, glossy eggplants for best quality.
- Salt and drain to reduce bitterness and moisture.
- Use herbs and spices to enhance natural flavors.
- Store at room temperature and use promptly.
- Experiment with roasting, grilling, frying, and baking.

## **Frequently Asked Questions**

### **What are some of the best vegan eggplant recipes to try at home?**

Some of the best vegan eggplant recipes include vegan eggplant parmesan, baba ganoush, roasted eggplant curry, grilled eggplant with tahini sauce, eggplant stir-fry, eggplant caponata, and stuffed eggplant with quinoa and vegetables.

### **How can I make a delicious vegan eggplant parmesan?**

To make vegan eggplant parmesan, slice eggplants and bread them with a mixture of flour, plant-based milk, and breadcrumbs. Bake or fry the slices

until crispy, then layer with marinara sauce and vegan cheese. Bake until bubbly and serve hot.

## **What are some tips for cooking eggplant in vegan recipes?**

To cook eggplant well, salt the slices to remove bitterness and excess moisture, use high heat for roasting or grilling to enhance flavor, avoid overcooking to maintain texture, and combine with flavorful spices or sauces to complement its mild taste.

## **Can you suggest a quick vegan eggplant recipe for weeknight dinners?**

A quick vegan eggplant recipe is a stir-fry with diced eggplant, garlic, soy sauce, ginger, and your favorite vegetables. Cook on high heat until tender, and serve over rice or noodles for a speedy meal.

## **What spices and herbs pair well with eggplant in vegan dishes?**

Spices and herbs that pair well with eggplant include garlic, basil, oregano, thyme, smoked paprika, cumin, coriander, turmeric, rosemary, and chili flakes, enhancing the eggplant's natural flavor in vegan recipes.

## **How can I make a creamy vegan eggplant dip?**

To make a creamy vegan eggplant dip like baba ganoush, roast or grill eggplants until soft, then blend with tahini, lemon juice, garlic, olive oil, salt, and pepper until smooth. Serve with pita bread or vegetable sticks.

## **Are there any vegan eggplant recipes suitable for meal prep?**

Yes, recipes like vegan eggplant curry, baked eggplant with tomato sauce, and eggplant stew are excellent for meal prep. They store well in the fridge and can be easily reheated for quick, nutritious meals throughout the week.

## **Additional Resources**

### **1. *The Ultimate Vegan Eggplant Cookbook***

This comprehensive guide offers a variety of delicious and creative eggplant recipes tailored for vegan diets. From hearty stews to flavorful grilled dishes, this book covers techniques to bring out the best in eggplant. It also includes tips on selecting and preparing eggplants for maximum taste and texture.

## 2. *Plant-Powered Eggplant: Vegan Recipes for Every Meal*

Explore the versatility of eggplant with this collection of plant-based recipes suitable for breakfast, lunch, and dinner. The book emphasizes fresh ingredients and simple cooking methods to create nutritious and satisfying vegan meals. Each recipe is accompanied by beautiful photos and nutritional information.

## 3. *Vegan Eggplant Delights: Flavorful and Healthy Recipes*

This cookbook focuses on bold flavors and health-conscious cooking using eggplant as the star ingredient. Readers will find dishes ranging from Mediterranean-inspired eggplant dips to spicy Asian stir-fries. The recipes are designed to be easy to follow and perfect for both beginners and experienced vegan cooks.

## 4. *Eggplant Elegance: Gourmet Vegan Recipes*

For those looking to elevate their vegan cooking, this book offers gourmet eggplant recipes that impress with both taste and presentation. It includes innovative dishes that transform humble eggplant into elegant meals suitable for special occasions. Tips on plating and ingredient pairings are also featured.

## 5. *The Vegan Eggplant Kitchen: Quick and Simple Recipes*

Ideal for busy lifestyles, this cookbook provides quick and straightforward eggplant recipes that don't compromise on flavor. Many dishes can be prepared in under 30 minutes, making it easy to enjoy healthy, plant-based meals on the go. The book also includes meal prep ideas and storage tips.

## 6. *Eggplant & Beyond: Creative Vegan Cooking*

This book encourages culinary creativity by combining eggplant with diverse global flavors and ingredients. Readers will discover unique recipes inspired by Mediterranean, Middle Eastern, and Asian cuisines. The author shares insights into how to balance spices and textures for unforgettable vegan dishes.

## 7. *Simply Eggplant: Everyday Vegan Recipes*

Focusing on simplicity and accessibility, this cookbook offers a range of everyday vegan eggplant recipes that are wholesome and satisfying. It features familiar comfort foods reinvented in vegan form, making it easy to incorporate more eggplant into daily meals. The recipes use common pantry staples and minimal prep time.

## 8. *The Art of Vegan Eggplant*

This beautifully illustrated cookbook celebrates the art of cooking with eggplant in vegan cuisine. It combines stunning photography with detailed instructions to guide readers through complex and rewarding recipes. The book highlights the versatility of eggplant in both traditional and contemporary vegan dishes.

## 9. *Eggplant Inspirations: Vegan Recipes for Every Season*

Organized by season, this cookbook showcases how to prepare eggplant dishes that reflect the freshest ingredients available throughout the year. It

emphasizes seasonal produce pairings and sustainable cooking practices suitable for vegan lifestyles. Each chapter includes tips for selecting the best eggplants and complementary flavors.

## **Best Vegan Eggplant Recipes**

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**best vegan eggplant recipes:** *The Best Plant-Based Cooking Recipes* Brian Smith, *The Best Plant-Based Cooking Recipes* is a comprehensive collection of delicious and nutritious plant-based recipes. This book covers a wide variety of meals, from breakfast delights to satisfying salads, flavorful main dishes, tasty side dishes, sauces, dressings, and dips, sweet treats, beverages and smoothies, baking adventures, quick and easy meals, holiday and celebration foods, global cuisine, and essential cooking techniques. The main theme of this book is promoting a plant-based diet and highlighting the benefits of incorporating more plant-based meals into our daily lives. The recipes are designed to be easy to follow and cater to different dietary preferences by using essential plant-based ingredients. From savory tofu scramble to vegan buddha bowl, lentil and vegetable soup, Mediterranean quinoa salad, eggplant parmigiana, roasted garlic mashed potatoes, cashew cream sauce, vegan chocolate avocado mousse, and Mexican street corn tacos, these recipes offer a diverse range of flavors and cuisines. Readers will find helpful tips for transitioning to a plant-based diet and suggestions for essential ingredients for plant-based cooking. The book also includes information on various cooking techniques, such as tofu preparation, baking with alternative flours, and creating flavorful vegan broths and stocks. Whether you are a seasoned vegan or looking to incorporate more plant-based meals into your diet, *The Best Plant-Based Cooking Recipes* will inspire you to explore new flavors and enjoy the health benefits of a plant-based lifestyle.

**best vegan eggplant recipes: Best Italian Recipes: Italian Cookbook for Beginners** Victor Gourmand, As a seasoned home chef and the author of *Best Italian Recipes: Italian Cookbook for Beginners*, I can say with confidence that this cookbook is a true gem for any food enthusiast. With



mouth-watering recipes and in-depth explanations of essential Italian cooking techniques, this book is perfect for anyone looking to elevate their home cooking to the next level. One of the things that sets this cookbook apart is its emphasis on authenticity. Each recipe has been carefully curated to showcase the flavors and techniques that are essential to Italian cuisine. Whether you're a beginner or even a seasoned home cook, you'll find that the recipes in this book are approachable and easy to follow. Another highlight of this cookbook is its diversity of recipes. From classic pasta dishes like spaghetti and meatballs to more complex seafood recipes like cioppino, there's something for every taste and skill level. Vegetarians and vegans will also appreciate the variety of meat-free options, like eggplant Parmigiana and mushroom risotto. But this cookbook is not just a collection of recipes. It also includes a comprehensive introduction to Italian cooking, including the essential ingredients, and basic cooking techniques. I've also included tips and tricks for beginners to help them feel more confident in the kitchen. Of course, no Italian cookbook would be complete without a section on pizza and calzones. I've included a basic pizza dough recipe, as well as instructions for making classic Margherita pizza and more. But the fun doesn't stop there - you'll also find recipes for other Italian favorites like arancini and chicken Parmigiana. One of the things I love most about Italian cuisine is its emphasis on fresh, high-quality ingredients. That's why I've included plenty of recipes that feature seasonal produce and seafood. Whether you're looking to impress dinner guests or simply treat yourself to a delicious meal, this cookbook has got you covered. In addition to recipes, this cookbook also includes tips for wine pairing and creating a balanced Italian menu. Whether you're a wine connoisseur or a novice, you'll find plenty of helpful information to take your dinner parties to the next level. Overall, I'm incredibly proud of *Best Italian Recipes: Italian Cookbook for Beginners*. Furthermore, I'm confident that you'll find plenty of inspiration within its pages. So go ahead, pour yourself a glass of Chianti, and get ready to experience the flavors of Italy in your own kitchen.

**best vegan eggplant recipes:** *100 Best Vegan Recipes* Robin Robertson, 2016-03-08 The quintessential collection of plant-based deliciousness from “an acclaimed authority on vegan cooking” (Publishers Weekly). This enticing collection of 100 recipes will inspire any cook, vegan or not, with recipes such as Asparagus Edamame Bisque, Bahn Mi Tostadas, Provencal Burgers, Country-Fried Tofu with Golden Gravy, and Crazy for Carrot Cake. With complete information on the vegan kitchen and pantry, vegan proteins, and vegan baking, this indispensable kitchen companion makes anyone into a successful cook. *100 Best Vegan Recipes* has creative, meat-free, dairy-free ideas for: snacks and appetizers soups and stews lunches and brunches pasta, beans and grains sides desserts Includes photos

**best vegan eggplant recipes:** *The Very Best of Recipes for Health* Martha Rose Shulman, 2010-08-31 From the celebrated NYTimes.com food columnist come her favorite ways to use seasonal produce and a well-stocked pantry to create easy, nutritious meals every day of the week. From its inception, *Recipes for Health* has been one of the New York Times's most-read (and e-mailed) features, showing health-conscious readers fast, no-fuss ways to turn seasonal produce, whole grains, and other nutritious ingredients into easy weeknight meals. Now, the most popular have been gathered into one comprehensive, convenient volume. Shulman shows how to fill your refrigerator, freezer, and cabinets with healthy staples such as beans, grains, extra virgin olive oil, tuna, eggs, yogurt, and tomato sauce, so that you are prepared to cook delicious dishes like Asparagus and Herb Frittata, Quinoa Salad with Lime Ginger Dressing and Shrimp, or Pizza Marinara with Tuna and Capers in minutes. Vegans and vegetarians will discover an entire selection of tofu recipes, from stir-fries to sandwiches, and even a tofu cheesecake. Those who frequent the farmers' market will appreciate her extensive collection of dishes for virtually every vegetable under the sun. Full of lists, explanations, and tips, *The Very Best of Recipes for Health* will help you cook and eat better all year long.

**best vegan eggplant recipes:** *The I Love Trader Joe's Plant-Based Cookbook* Kris Cramer, 2023-06-27 Just as Trader Joe's is the ultimate one-stop shop to stock up on tasty, eclectic foods for all dietary lifestyles, so too is the *I Love Trader Joe's Plant-Based Cookbook*! Designed for veteran

vegetarians, fresh vegans, and curious carnivores alike, this handy cookbook comes with easy-to-follow recipes for delicious, animal-free dishes, including: Tasty Tofu Scramble; Tuscan Tomato Soup; Almond-Glazed Green Beans; Coconut Curry Polenta; Tempeh Tacos; African Peanut Stew; Pasta with Creamy Tapenade; Roasted Carrot Risotto; Pumpkin Spice Cobbler. Packed with simple instructions, full-colour photos, and newly updated vegan versions of recipes, the I Love Trader Joe's Plant-Based Cookbook takes the guesswork out of cooking no matter who's at your table.

**best vegan eggplant recipes:** *Barbecue Cookbook: 140 Of The Best Ever Healthy Vegetarian Barbecue Recipes Book...Revealed!* Samantha Michaels, 2013-08-27 Just because you're trying to lose weight doesn't mean you actually need to give up your favorite foods. It also doesn't mean when summer is here you only need to eat salads or steamed fish. Did you know when trying to lose weight, eating meals cooked on a barbecue can help you to achieve your goals? Most people, when the words barbecue are said will immediately think of warm summer evenings enjoying great food and drink with their friends and family. However by choosing to barbecue their food they are actually making a subconscious decision to eat more healthily. Through barbecuing you'll find yourself actually eating less fat. This is because when you choose to cook meat or fish on a barbecue you only need to provide a light coating of oil to prevent it from sticking to the grill. Another reason why barbecuing food is much better for you when losing weight is it has a much lower calorie count. So of course the fewer calories being consumed means you won't have to burn off so many when exercising. Yet you'll still find you can still eat the same amount of food. As well as helping to reduce the amount of calories and fat you consume by grilling food on a barbecue you are actually reducing the chances of you developing such diseases as diabetes, high blood pressure, heart disease or a stroke.

**best vegan eggplant recipes:** *California Vegan* Sharon Palmer, 2021-03-15 Plant-powered dietitian Sharon Palmer tells the diverse story of California veganism with recipes showcasing local produce and celebrating the cultural roots, historical legacy, and future of plant-based pioneers in the state. California is where vegan culture all began, and where a diverse group of innovators continue breaking new ground. From the first glimpses of California cuisine in the 1970s to today's Silicon Valley startups revolutionizing the way America eats, the Golden State starts the veggie trends the rest of the country follows. Featuring over 100 plant-based recipes with full nutritional information and illustrated with original photography, California Vegan welcomes Californians into veganism and vegans all over the world into California.

**best vegan eggplant recipes:** *Your Best Ever Panini Making Guide* Martha Stone, 2014-08-20 This Panini book does not only provide you with various Panini recipes that range from seafood, beef, poultry, pork but even vegan Panini concoctions! It is truly easy to create, wonderful to prepare, ecstatically delicious and gastronomically healthy too! We have also included trips and tricks on how to create the perfect Panini that you will love even your family and friends too!

**best vegan eggplant recipes:** *Unique Vegetarian Cookbook* Deanna Boone, 2019-09-24 VEGETARIAN DIET is a CELEBRATION of REAL, SUSTAINABLE FOOD that IS both DELICIOUS and NUTRITIOUS. It's a DIET, it IS a LIFESTYLE. The VEGETARIAN approach to FOOD more than is a WAY OF EATING that includes BALANCED, WHOLE FOODS, and is all about ENJOYING a GREAT array of FLAVOURS and TEXTURES OF amazing FOODS. You can FIND most FOODS at your local GROCERY STORE and FARMERS' MARKETS. PEOPLE who FOLLOW the VEGETARIAN DIET are HAVING a LONGER LIFE expectancy and LOWER RATES of CHRONIC DISEASES. The DIET can HELP with WEIGHT LOSS, HEART HEALTH, and DIABETES PREVENTION. And, the main attractions: Surprise! NO COUNTING of CALORIES, FRESH FOOD, you WON'T be HUNGRY all the time. If you are SEEKING greater VITALITY and a HEALTHIER LIFE in an EXCITING WAY-this cookbook is for you. This eBook UNIQUE VEGETARIAN COOKBOOK is FULL of INSPIRING RECIPES that make PLANT-BASED EATING accessible and EXCITING for everyone. It's a USER-FRIENDLY GUIDE to COOKING BEAUTIFUL FOOD, EATING WELL, and ENJOYING every LAST BITE, while REACHING your HEALTH and FITNESS GOALS. REAP the many BENEFITS that

the VEGETARIAN DIET has to OFFER WITH this UNIQUE VEGETARIAN COOKBOOK.

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**best vegan eggplant recipes: The Ultimate Guide to Easy Plant-Based Cooking** Michelle De La Mora, 2025-09-02 From Michelle De La Mora, the celebrated author of the Green Aisle series (written and published under the name Michelle Savage) and the award-winning Ultimate Guide to Healthy Juicing, comes an essential cookbook that makes plant-based cooking easy, flavorful, and accessible. Whether you're cooking for yourself or sharing a cozy meal, this book is packed with delicious anti-inflammatory recipes that will inspire you to get back into your kitchen and start creating! Inside You'll Find: Exciting and Diverse Recipes: Discover plant-based meals that are as satisfying as they are healthy. Health-Focused Ingredients: Every recipe emphasizes whole, natural foods for better well-being. Versatile Options: Adaptable meals that cater to different tastes and dietary needs. Michelle's expertise and passion for healthy eating shine through in this collection. Each mouth-watering recipe offers simplicity ratings to guide your cooking as well as expert tips to elevate every dish. Dive into this trusted guide and enjoy the delicious rewards of a plant-centered lifestyle! Recipes include: Raspberry & Cardamom Smoothie, Electrolyte Tropical Smoothie, Sun-Kissed Capers & Squash, Spicy Chorizo Tacos, Fire-Kissed Gouda Bites, Cali Almond Flour Crackers, Corn & Potato Chowder, PhoMazing Soup, Ganis Greek Salad, Pear Jam & Toast, Cashew Basil Blitz, Spicy Moroccan Loaded Sweet Potato, Lemon Zoodles, Capers & Empress Tomatoes, Classic Candy-Inspired Chocolate Bars, Salted Caramel Fondue, Maple-Smoked Plant Ribbons, Eggplant Bacon, and more!

**best vegan eggplant recipes: THE GUT CURE** Stacy Weil, 2016-12-17

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**best vegan eggplant recipes:** *Soups and Stews - 100 Best Recipes* , 2011-03-31

**best vegan eggplant recipes:** *Vegetarian Times* , 1988-10 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

**best vegan eggplant recipes:** **Good for Your Gut** Desiree Nielsen, 2022-05-03 \*2023 IACP COOKBOOK AWARDS WINNER\* \*2023 TASTE CANADA AWARD GOLD WINNER\* A gut-friendly, plant-based approach to digestive health with delicious recipes you can feel good about eating. Understanding how our gut impacts our overall well-being has grown to the point that better digestive health is essential for everyone—not just for those with digestive conditions. A well-functioning gut means a healthy body and a healthy life. Registered dietitian Desiree Nielsen explains the gut health and mind-body connection and guides you toward a deeper understanding of what it means to be healthy, with strategies to heal your gut when it's imbalanced. In *Good for Your Gut*, you'll discover how to fuel gut health with anti-inflammatory plant-based foods and lifestyle strategies—from movement to managing stress—for a truly holistic approach to health and wellness. Featuring over 90 beautifully illustrated plant-based recipes created to protect, heal, or soothe your gut, with meal plans for each core area of digestive health. All the recipes are packed with flavour and delicious to eat, even if you don't have tummy troubles, and are ideal for a healthy plant-forward lifestyle. Inside you'll find delicious, gut-friendly recipes including: • Pumpkin Oat Pancakes • Chickpea Umami Burgers • Lentil Walnut Loaf • Sticky Sesame Tofu with Bok Choy • Spiced Tahini Roasted Squash • Amazing Seeded Grain-Free Bread • Matcha Chocolate Cups • Lemon Olive Oil Cake Along with expert advice and the latest research, *Good for Your Gut* is packed with information on the best foods to improve your digestion and the most effective ways to support your gut health.

**best vegan eggplant recipes:** **The Northwest Vegetarian Cookbook** Debra Daniels-Zeller, 2010-05-21 From wild chanterelle mushrooms and Walla Walla onions to marionberries and hazelnuts, the Pacific Northwest produces some of the country's most delicious food. The *Northwest Vegetarian Cookbook* features 200 fresh, accessible recipes that celebrate these unique flavors. It also profiles twelve growers and beekeepers of Oregon and Washington through inspiring essays that transport the reader to the farm where food is picked from trees, bushes, and vines. Debra Daniels-Zeller has created a great culinary reference and an introduction to the bounty of local markets, with tips on how to buy and store seasonal produce. Includes breakfast foods, year-round salads, soups and breads, starters and sides, entrees, and desserts. Readers will walk away from this book - and straight to the local farmers' market - with recipes for each season and every part of the day.

**best vegan eggplant recipes:** **The Old Farmer's Almanac Readers' Best Recipes** Old Farmer's Almanac, 2016 In celebration of the Almanac's 225th anniversary (in 2017), Almanac readers, fans, and enthusiasts share their favorite recipes for home-cooked meals, potlucks, holidays, special occasions, and simply snacking, with the story of each recipe's origin and why it is special.

**best vegan eggplant recipes:** **Egyptian Cookbook** Brad Hoskinson, Looking to add some Egyptian flavor to your cooking? This cookbook has simple and authentic recipes you should try. From main dishes to desserts, there's something for everyone in this book. Plus, the tone of voice makes it feel like you're cooking with a friend. Our recipes are easy to follow and perfect for beginners. So what are you waiting for? Pick up a copy today!

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