Roasted Eggplant

Ingredients:

- Eggplant, any size

Directions:

1. Preheat oven to 400°F
2. Cut eggplant into large, ½ inch thick rings.
3. Spray with olive oil (or it will dry out) and sprinkle with a little salt.
4. Place on baking sheet lined with parchment paper.
5. Bake for 30-45 minutes or until eggplant is soft, flip halfway through cooking.

For whole eggplant

1. Preheat oven to 350°F
2. Clean eggplant, leaving it whole including stem.
3. Polk 8-10 holes in eggplant with large fork for it to release steam as it cooks.
4. Spay skin with olive oil to keep it from drying out.
5. Place on stainless steel baking sheet.
6. Bake 35-60 minutes or until skin is shriveled on outside and eggplant has collapsed on sheet side. Let it cool to touch.
7. Cut off stem, cut lengthwise and scoop out soft flesh to use in recipes.