

# My Global Kitchens

## The Easiest Eggplant

*Serves 8-10*

### Ingredients

- 1–2 large eggplants
- 3 Tbsp of neutral oil, some for the pan and some to brush on top
- Sea salt to sprinkle
- Juice of half a lemon for serving and lemon wedges for those who love lemon
- Fresh dill sprigs or chopped Italian parsley (for garnish)

### Instructions

Preheat the oven to 400 degrees with rack in the center of the oven. Line a baking sheet with parchment paper or foil.

Wash and dry the eggplants. Slice them into ½-inch thick rounds.

Drizzle oil onto the prepared baking sheet and arrange the sliced eggplant in a single layer, ensuring they don't overlap. Brush one tablespoon more oil over the top and sprinkle with sea salt.

Bake for 45–50 minutes, flipping halfway through to ensure even cooking. Keep an eye on them to prevent burning.

Serve hot or at room temperature with a splash of fresh lemon juice and garnished with fresh herbs. This is also delicious when accompanied with a side of tzatziki for a Mediterranean flair!