

Cheesy Zucchini-Eggplant 奶酪茄子



Ingredients

1 large globe eggplant Sliced into ½ inch
2 large zucchini Sliced into ½ inch
24oz grape tomatoes
5 cloves garlic
Salt and pepper to taste
5 tablespoon Olive oil
8oz fresh Ricotta cheese
8oz mozzarella, grated divided
1 cup basil leaves divided

Cooking Method:

Place eggplant, zucchini, tomato, and garlic in a sheet pan. Brush oil and roasted in the oven for about 15-20 minutes and turn eggplant and zucchini over and stir the tomato, keep roasted for another 10 minutes. Set aside

In a mixing bowl add Ricotta, Mozzarella, oil, salt, and pepper. Mix well.

In a bake, dish place a layer of roasted vegetable cheese mixture and place the second layer of roasted vegetable and the rest of the mozzarella cheese and basil.

Bake it in 425°F for 20 minutes. Garnish with fresh basil served hot.

配料

1 個大球形茄子，切成½英寸
2 個意大利瓜，切成½英寸
24 盎司葡萄番茄
5 瓣大蒜
鹽和胡椒粉調味
5 湯匙橄欖油
8oz 新鮮的意大利乳清乾酪
8 盎司芝士，切碎
1 杯羅勒葉分開

烹飪方法：

將茄子，意大利瓜，番茄和大蒜放在平底鍋中。烤箱中烤約 15-20 分鐘，然後將茄子和意大利瓜翻過來，攪拌西紅柿，再烤 10 分鐘。擱置在攪拌碗中加入意大利乳清乾酪，馬蘇里拉奶酪，油，鹽和胡椒粉。拌勻烘烤時，在盤子上放上一層烤蔬菜芝士混合物，然後在第二層上烤蔬菜以及其餘的馬蘇里拉奶酪和羅勒。將其在 425°F 中烘烤 20 分鐘。裝飾著新鮮的羅勒，趁熱食用。