

Eggplant Purée

1 pound eggplant
1 Tbsp butter or olive oil
 $\frac{1}{4}$ c finely chopped shallot or red onion
1 clove garlic, crushed
1 ripe tomato, diced
1 heaping tsp. Each finely chopped fresh parsley and cilantro
3 Tbsp olive oil
2 tsp cold-pressed flaxseed oil (optional)
lemon wedge
salt and pepper

- Preheat broiler and place eggplant on baking sheet under broiler, turning until skin is dark, 10-15 minutes
- Set aside to cool.
- Peel off skin of eggplant, chop flesh finely and place in a bowl.
- Melt butter in skillet, add shallot and garlic and cook until soft, 3 minutes. Add tomato, parsley, cilantro. Cook 2 minutes.
- Spoon mixture into eggplant and add oils and lemon juice. Season with salt and pepper.