



Makes 3 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup diced onion

3 cloves garlic, minced, or 1
teaspoon garlic powder

1 medium globe eggplant,
peeled and cut into ¾-inch dice
(4 cups)

1 15-oz. can diced tomatoes,
undrained (1½ cups)

2 teaspoons berbere or harissa
spice blend

Pinch cayenne pepper

¼ cup chopped fresh cilantro

Sea salt, to taste

2 whole wheat pita rounds, each
cut into 6 triangles

1 tablespoon chopped fresh
parsley

Sea salt, to taste

Freshly ground black pepper, to
taste

Warm Spiced Eggplant Salad

You'll love this saucy, Ethiopian-spiced **eggplant** and tomato salad that eats like a dip. Slowly sautéing the veggies helps release their juices to create a savory sauce that binds the dish together without making things too soggy. Berbere, a delectable spice blend that you can buy at Ethiopian markets or **make at home**, punches up the flavors with savory-sweet heat that will keep you coming back bite after bite. Stir in some cilantro and parsley to up the aromatics, and then serve this easy snack with a side of whole wheat pita bread to sop up the finger-licking flavors. This scrumptious salad is best served warm or at room temperature so all the ingredients have room to shine.

For more vegan Ethiopian recipes, check out these tasty ideas:

- [Tikil Gomen \(Ethiopian-Style Cabbage, Potatoes, and Carrots\)](#)
- [Ethiopian Collard Greens and Chard](#)
- [Shiro Wat \(Chickpea Flour Stew\)](#)
- [Ethiopian Wild Rice Pilaf](#)

By Darshana Thacker Wendel

- 1 Heat a medium saucepan over medium. Add onion, garlic, and ¼ cup water. Cook 10 minutes or until onion is tender, stirring occasionally.
- 2 Stir in eggplant; cover and cook 10 minutes or until eggplant is tender. Uncover; cook until lightly browned, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 3 Stir in tomatoes, spice blend, and cayenne pepper. Cook until vegetables easily break down when stirred and the sauce thickens.
- 4 Remove from heat and stir in cilantro. Season with salt. Serve warm with pita triangles.