



Makes 8 cups
Preparation Time: 35 minutes

INGREDIENTS:

½ of a 12-oz. package silken tofu, drained

2 tablespoons nutritional yeast

2 tablespoons lemon juice

1 large clove garlic, chopped

1 teaspoon Dijon mustard

¼ teaspoon freshly ground black pepper, plus more to taste

6 cups sliced or cubed Chinese or white eggplant (1 lb.)

¼ cup low-sodium vegetable broth or water

6 cups fresh baby kale

½ cup thinly sliced shallots

⅔ cup canned or jarred sweet drop peppers, drained, or chopped peppadew peppers

½ cup sliced fresh basil

2 tablespoons red wine vinegar

1 teaspoon sea salt

3 cups cooked brown rice

1 15-oz. can no-salt-added cannellini beans, undrained

1 cup cooked lentils

¼ cup chopped fresh parsley

Sautéed Eggplant with Hearty Grains and Lemon-Garlic Aioli

The silky, melt-in-your-mouth texture of sautéed [eggplant](#) pairs beautifully with fresh baby kale in this satisfying dish that can be enjoyed as a main course or a side. Tossed with aromatic shallots, sweet drop peppers, and fresh herbs, the vegetables sit atop a hearty blend of brown rice, [cannellini beans](#), and lentils for a comforting, nutrient-rich meal. A lemon- and garlic-infused vegan aioli adds a creamy finishing touch, with no oil required. To serve as a side dish, omit the rice, beans, and lentils. (This recipe calls for cooked rice and lentils, so be sure to have those ready to go.)

Tips

Sweet drop pepper swap: Sweet drop peppers are worth seeking out for this dish. But if you can't find any, you can use peppadew peppers, roasted red bell peppers, or cherry tomatoes.

Gluten-free version: To make this gluten-free, use a gluten-free brand of Dijon mustard. Most commercially available sweet drop peppers are gluten-free, but be sure to check the label.

For more inspiration, check out these tasty ideas:

- [Warm Spiced Eggplant Salad](#)
- [Roasted Tomato and Eggplant Soup](#)
- [Warm Spiced Eggplant Salad](#)
- Or check out our collection of [eggplant recipes](#).

By Ellen Boeke

- 1 To make aioli, in a small food processor or blender combine first six ingredients. Process until smooth.
- 2 In an extra-large nonstick skillet cook eggplant in broth over medium-high 6 minutes or until tender and starting to brown. Add kale and shallots. Cook 3 to 4 minutes or until kale is wilted and tender, tossing with tongs. Remove from heat. Add sweet drop peppers, basil, vinegar, ½ teaspoon of the salt, and black pepper to taste; toss to combine.
- 3 In a medium saucepan combine rice, beans, and lentils. Cook over medium 5 minutes or until heated through. Stir in parsley, the remaining ½ teaspoon salt, and additional black pepper. Spoon eggplant mixture over rice mixture. Serve with creamy tofu aioli.