

Vegetarian Eggplant Zucchini Fusilli

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Good morning, It's meatless Monday in my kitchen today with this Vegetarian Eggplant Zucchini Fusilli. Cork screw shaped pasta, good for you ingredients, in a light tomato pan sauce, will have you making this pasta recipe often.

I usually make this in the summer when my garden is bursting with more eggplants and zucchinis than I have recipes for, but the eggplant looked beautiful at the store and I was craving Italian but also wanted a lighter meal after heavy holiday eating.

Personalize This Vegetarian Eggplant Zucchini Fusilli Recipe

You can make this Vegetarian Eggplant Zucchini Fusilli recipe your very own, to fit your lifestyle and taste, by changing up a few things.

For instance, the pasta shape if you don't like fusilli use any shape you like. Having said that I have to say, I love short pasta in this recipe verses long, with short pasta you get a taste of all the delicious ingredients in one forkful.

Also the eggplant and zucchini ratio can be changed. If you

like zucchini more than eggplant than use more zucchini or vice-verse.

One more thing you can try, if your craving gooey cheese goodness add 1 cup of shredded mozzarella along with the parmesan cheese for a richer pasta dish.

I almost forget, the canned tomatoes can be switched, you can use fresh tomatoes when in season or you can use prepared marinara sauce, the best store bought or my easy homemade marinara.

on a side note, always use the right size pans for ultimate success in your home kitchen. One good basic set of pots and pans is all you need. to cook restaurant style recipes at home.

If you make this recipe please leave me a comment and tag me on Instagram. I love hearing from you!!!

Ingredients

- 1/2 Lbs. Fusilli
- 1 medium eggplant peeled and cut into medium dice
- 2 Tbls. each butter and olive oil
- 1 each green and yellow zucchini cut in medium dice
- 1 chopped yellow onion
- 2 Tbls. chopped garlic
- 1 14.5 can crushed tomatoes
- 2 cups reserved pasta water
- 1 cup grated parmesan cheese
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving two cups of the pasta water before draining

2. Mean while in a large saute pan bring the butter and olive oil to medium heat, saute the onions and garlic until tender and just beginning t brown
3. Add the cut eggplant and zucchini salt and pepper now, saute until brown
4. Add the water and tomatoes simmer covered for 25 minutes
5. Add the cheese, herbs and cooked pasta heat through
6. Sprinkle with additional cheese and herbs... ENJOY!!!!!!