



## Pine-Nut-Crusted Eggplant and Sautéed Broccolini



It's a bird, it's a plane, it's...a lightning-fast, fresh dinner! This veggie-packed meal of eggplant and broccolini cooks up in just 26 minutes with the help of the innovative meal planning website and app [Cooking Planit](#).

### Ingredients: (serves 4)

- 2 bunches broccolini
- 2 small eggplants
- Kosher salt
- 2/3 cup pine nuts
- 2 tbsp. fresh parsley
- 2/3 cup panko breadcrumbs
- 2 large eggs
- 1/3 cup flour
- Black pepper
- 4 tbsp. extra virgin olive oil
- 2 tbsp. unsalted butter (optional)
- 1 tsp. crushed red pepper, or to taste
- 1/3 cup Parmesan cheese, shredded (optional)

Nutrition info per serving: 500 Calories, 293 Calories from Fat, 32g Total Fat, 4g Saturated Fat, 93mg Cholesterol, 381mg Sodium, 786mg Potassium, 44g Total Carbohydrates, 10g Dietary Fiber, 15g Protein, 13mg Sugars, 41% Vitamin A, 142% Vitamin C, 10% Calcium, 21% Iron

### Preparation:

**Adult:** Cut the ends off the eggplant, then slice it lengthwise into 1/4 inch thick strips.

**Kid:** Lay the eggplant on a plate of paper towels and sprinkle both sides with salt. Let it sit as you prepare the other ingredients.

**Together:** Place the pine nuts in a durable plastic bag and use a heavy object like a soup can to smash the pine nuts into a tiny crumble. Pour the crushed nuts into a shallow, wide bowl.

**Together:** Trim parsley leaves from the stems and finely chop to measure the indicated amount. Add to the pine nuts.

**Kid:** Stir panko into the bowl of parsley and pine nuts.

**Adult:** Trim the bottom ends off the broccolini.

### Cooking:

**Together:** Pour flour into another shallow, wide bowl. Crack the egg into a third shallow, wide bowl and whisk to combine well.

**Kid:** Line up the 3 bowls: flour, egg and pine nuts. Set a clean plate at the end near the pine nuts.

**Together:** Season each slice of eggplant with black pepper. Dredge 1 slice in the flour, coating both sides. Shake off excess, then transfer to the egg. Coat both sides again, shake off excess, then transfer to the pine nuts.

**Together:** Coat both sides, shake off excess, then transfer to the clean plate. Repeat with remaining eggplant.

**Adult:** Heat a large saute pan over medium heat. Add olive oil and butter

**Adult:** Once butter is melted and oil is hot, add the eggplant slices. Oil should sizzle when you add the eggplant.

**Together:** Saute until golden brown, about 2-3 minutes, then flip and cook until the other side is also golden brown, another 2-3 minutes. While eggplant cooks, place fresh paper towels on the plate. Transfer cooked eggplant slices to this plate when ready.

**Adult:** Heat a medium saute pan over medium heat. Add olive oil and crushed red pepper. Heat for approximately 2 minutes to infuse the oil.

**Together:** Add the broccolini and season with salt and pepper. Toss to coat. Cook until tender but with a slight bite, approximately [5-7 minutes].

**Kid:** After eggplant is removed from the pan, sprinkle with salt while warm.

**Kid:** Transfer pine-nut-crusted eggplant to dinner plates or a serving platter. Sprinkle with shredded Parmesan cheese, if desired. Serve warm!

**Together:** Transfer the broccolini to dinner plates or a serving platter and serve!

# Food For Thought!



Broccolini (rhymes with tortellini) is related to broccoli – they’re cousins, actually! While they both contain vitamins A, C, K, iron and calcium, broccoli tends to be slightly bitter, whereas broccolini is slightly sweet, making it more popular with kids! If you can’t find broccolini at your store, it’s fine to substitute regular broccoli.

## Cooking Tip of the Week

Butter burns easily at high temperatures, so adding some olive oil to the pan helps to prevent it from burning while still adding the flavor of butter to your dish.

## Conversation Starter

What are some things that are the same between you and your siblings, cousins or best friends? What’s different?



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