

Tahini-Glazed Baby Eggplants

with Green and Yellow Wax Bean & Lemon-Freekeh

Freekeh (pronounced freak-ah) is an ancient wheat that's harvested early, when it's still green. The grains are sun-dried then fire-roasted, polished, and cracked. Freekeh gets its name from the Arabic word *farīk*, which means "rubbed" or "polished." The unique, toasted flavor of this grain has made it a popular choice in modern kitchens.



Ingredients

- 3 Cloves Garlic
- 1 Bunch Cilantro
- 1 Bunch Mint
- 1 Bunch Tarragon
- 1 Lemon
- 1 Yellow Onion
- 4 Ounces Green Beans
- 4 Ounces Yellow Wax Beans
- ½ Pound Baby Eggplants
- ¾ Cup Cracked Freekeh
- ¼ Cup Tahini
- 1 Tablespoon Honey

Makes 2 Servings
About 540 Calories Per Serving



Instructions



1 Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic. Pick the cilantro, tarragon and mint off the stems; discard the stems. Roughly chop the cilantro and tarragon, leaving the mint leaves whole. Remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and small dice the onion. Trim off and discard the ends of the beans; cut the beans into 2-inch pieces. Trim off and discard the tops of the eggplants; halve the eggplants lengthwise.



2 Cook & dress the freekeh:

Once the water is boiling, add the **cracked freekeh** and cook 18 to 20 minutes, or until tender and cooked through. Drain thoroughly and return to the pot. Stir in **the juice of 3 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. Set aside as you continue cooking.



3 Cook the eggplants:

While the freekeh cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplants**, cut side down first, and season with salt and pepper. Cook 2 to 3 minutes per side, or until browned and softened. Transfer the cooked eggplants to a plate and set aside. Wipe out the pan.



4 Cook the vegetables:

In the same pan used to cook the eggplants, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic** and season with salt. Cook, stirring frequently, 2 to 4 minutes, or until softened. Add the **beans** and **cooked eggplants** and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the beans are bright and slightly softened.



5 Finish the vegetables:

In a small bowl, combine the **tahini**, **honey**, **lemon zest**, **the juice of the remaining lemon wedge** and **½ cup of water**. Stir the **tahini-honey mixture** into the vegetables in the pan. Cook, stirring occasionally, 1 to 2 minutes, or until slightly reduced in volume. Stir in the **tarragon** and **cilantro** and remove from heat; season with salt and pepper to taste.



6 Plate your dish:

Divide the **dressed freekeh** between 2 plates and top with the **vegetable mixture**. Garnish with the **mint**. Enjoy!