

Fasoulakia

Green Beans in Tomato Sauce Greek Style

2 onions chopped

¾ cup olive oil

8 oz crushed tomato sauce

2 lbs green beans

1 cup chopped parsley

Optional 4 potatoes quartered

1 cup water

Salt, pepper or Greek Seasoning (Greek to Go Greek Seasoning)

Saute onions lightly in olive oil, then add parsley and saute.

Add green beans along with seasoning then add tomato sauce

potatoes and water. Cover and cook slowly on the stove top for 1 hour or until green beans and potatoes are tender.

Fried Zucchini

4 small zucchini

Salt, pepper

Flour

Olive oil

Club soda

water

Mix-flour, salt, pepper, club soda and water. Should look like thin pancake batter

Wash zucchini, cut into ½ inch slices and dipped into batter. Fry in hot oil over medium heat until golden brown and crisp. Serve with Tzaziki Sauce (yogurt-cucumber garlic dip)

Tzaziki

One large Cucumber, seeded and shredded, squeeze water out of cucumber

2-3 cloves minced garlic

8 oz Greek yogurt

Dash of olive oil

Dash of wine vinegar

Mix together let it sit for at least an hour and serve

Eggplant Imam Baldi

4-5 small eggplant
3-4 cups thinly sliced sweet onions
5-6 cloves chopped garlic
2 cups chopped parsley
1 can of san marzano tomatoes
Olive oil appx 2 cups

First step for the eggplant

Wash eggplant cut stem off, with a sharp knife slash each eggplant lengthwise being careful not to cut all the way through. Salt the cut and place the eggplants in a pot of salted water for 15 min. Drain, and rinse in clear water. Wipe dry. Fry the eggplants in ample oil and place them, spit side up, side by side in a baking pan.

In the oil used for frying, saute the onions until golden color. Add garlic, tomatoes, parsley, salt and pepper. Cook for 20 min or until all the liquids are absorbed. Stuff this mixture into the cut in the eggplant. Drizzle olive oil over them and bake for 30 min in 350 oven.