

Eggplant Omelet (Tortang Talong)

A delicious Filipino dish of baked eggplant dipped in egg and cooked in a skillet. Try it for any meal!

Makes: 2 Servings
Prep Time: 30 minutes
Cook Time: 10 minutes

Source:
<https://foodhero.org/recipes/eggplant-omelet-tortang-talong>

Ingredients

- 2 medium-sized thin eggplant or 1 medium-sized globe eggplant
- 2 eggs
- ¼ cup diced onion
- 2 cloves garlic, minced
- ¼ tsp salt
- 1 to 2 Tablespoons vegetable oil

Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Turn oven broiler to high. Place the eggplant on a baking sheet lined with foil for easy clean up. Broil eggplant on the highest rack possible, turning every few minutes, until skin is blackened on all sides. Broilers vary in power, so keep your eyes on it!
4. Remove eggplant from the oven. Cover with a lid or foil for 10 minutes to let it steam and cool.
5. In a large bowl, mix together eggs, onion, garlic and salt.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 eggplant	
Nutrients	Amount
Calories:	200
Total Fat:	12g
Saturated Fat:	2g
Cholesterol:	185mg
Sodium:	370mg
Total Carbohydrates:	17g
Dietary Fiber:	7g
Total Sugars:	8g
Added Sugars:	0g
Protein	9g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Baking sheet
- Mixing spoon
- Measuring spoons
- Measuring cups
- Medium skillet
- Spatula



Directions Continued

- When cool enough to handle, peel the skin from the eggplant but leave the stem on. On a flat surface, pierce and flatten eggplant with a fork. This will let some moisture escape and drain away. Holding the stem, place eggplant in the egg mixture to coat the flesh.
- Heat a medium skillet on medium heat. Spread oil to cover the bottom of the pan. When oil is shimmering, move eggplant to the pan.
- Pour the rest of the egg mixture over the eggplant. Cook until the bottom has browned, about 5 to 6 minutes. Using a spatula, turn eggplant over and cook until the other side is browned, about 4 minutes.
- Serve with a cooked grain, such as rice, and a sauce, such as ketchup or vinegar. Try it with Food Hero Banana Ginger Sauce.

SHOPPING LIST

Average total cost without oil and seasonings: \$9.54

Average cost/serving: \$4.77

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Medium sized thin eggplant



Add 1 to Cart
1 dozen eggs



Add 1 to Cart
Small onion



Add 1 to Cart
Garlic, bulb

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Refrigerate within 2 hours.
- You can also blacken the eggplant skin on a grill.
- Try serving with a whole grain such as brown rice for more fiber and other nutrients.

Similar Recipes

- Baked Kale Frittata
- Chicken Vegetable No-Crust Quiche

