

# AL ASWAD SALAD

FROM THE KITCHEN OF

*Hanan*

FLAVORS OF

*Sudan*



## INGREDIENTS

1 lb. eggplant, diced  
1 green pepper, diced  
2 medium tomatoes, diced  
Parsley, chopped for garnish  
1 tsp. crushed garlic  
1 onion, diced


Green onions (for garnish)  
1 tsp. tomato paste  
1 tsp. lime juice  
Oil for frying  
Extra virgin olive oil (for garnish)  
Salt, black pepper, and cumin to taste

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## INSTRUCTIONS

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Dice the eggplant into small cubes and fry in oil until golden brown, stirring continuously. Once browned, set aside.

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Dice the green pepper, onion, tomatoes, and garlic, then sauté them in a small amount of oil until softened.

Dissolve the tomato paste in a little water and add it to the pan along with the fried eggplant. Stir in the lime juice, crushed garlic, salt, black pepper, and cumin to taste. Mix carefully, then remove the pan from heat.

Garnish with chopped parsley, diced green onions, and a drizzle of extra virgin olive oil.

Transfer the salad to a serving dish and chill in the refrigerator.

Serve with pita bread for dipping. Enjoy!



*Hanan*

Hanan, a mother from Sudan, embodies remarkable strength and resilience. Despite losing her family and home to the Melita groups, she found herself resettled in the United States after years in Rwanda. With skills in cooking, crochet, and sewing, she aspires to build a better future. Her deepest desires are to reunite with her son, master English, and find happiness in her new home.



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