



By Adena Miller

Choose a sunny day. Wait for a table outside. Take the time to sit back and relax. Let me whisk you away to a colorful Mediterranean playground, where my vivacious family can't wait to meet you, and in traditional Greek style, to feed you as well.

Being Greek means that I am always surrounded by my nurturing family – a vibrant group built from only the most fresh, natural and bold ingredients. We are all unique in our own way, but when we gather in one place, we always find ourselves to be the life of the party.

Let me make some introductions. First and foremost, there is the head of the family – the aborigine eggplant known for having a tough skin, but get to know him a little better and you'll discover he has a delightful softer side. There is never a shortage of robust tomatoes, who frolic about in their plump cherry coats and meddle in everyone's business. Then we have the sweet peppers – these ones are all about appearance, and spend too much time covered in olive oil exposing their skin in the heat until they are fully roasted. Although tiny in size, my chickpeas are protective and can pack a meaty punch when called upon. For some, the salty olives may take some getting used to, but the amount of drama the scallions bring to the dish is nothing short of spectacular.

Our vegetable medley is a lively bunch feeling most at home when we can stick together and curl up on our family heirloom – an oversized golden blanket embroidered with minuscule flecks of fluffy couscous. Now take a good look at our beautiful coloring, breathe in our lovely scents and enjoy all we have to offer. Cheers and good health, or as we say in Greek, stin iyá sas!

What I've heard from my audience: "It's good to be Greek."

WHO AM I? Couscous Eggplant Ratatouille

The Couscous Eggplant Ratatouille can be found at Aladdin's Natural Eatery for \$7.00. I'd recommend adding grilled shrimp to the dish for some extra smoky protein.

For more information, visit www.aladdinonline.com.

ALADDIN'S NATURAL EATERY

Rochester: 646 Monroe Ave. 585-442-5000
Pittsford: 8 Schoen Place 585-264-9000

CUISINE

Mediterranean

PHILOSOPHY

To create fresh, all natural dishes at an affordable price.

KEEP IT CASUAL

Shorts and sandals fit the bill for the restaurant's relaxed atmosphere.

NOTABLE

Voted Best Greek Restaurant by the
2009 Readers Choice Awards

WHEN TO GO

Monday – Thursday: 11:00 am – 9:00 pm
Friday/Saturday: 11:00 am – 10:00 pm
Sunday: 12:00 pm – 9:00 pm (Rochester)
12:00 pm – 8:00 pm (Pittsford)

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