GROWING PLACES

EGGPLANT

GRILLED EGGPLANT SALAD

INGREDIENTS

1 Italian eggplant, 1-inch thick slices

1 large red onion, cut into rounds

Canola oil

1 avocado

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

1 tablespoon coarsely chopped oregano

Honey

Olive oil

Salt and pepper

1 lemon, zested and juiced

METHOD

Brush the eggplant and red onion with canola oil. Grill until the eggplant is soft and the onions have charred slightly. Remove from the grill and allow to cool slightly. Once cool, chop roughly and add to a serving bowl.

Pit, halve and chop the avocado. Gently toss avocado with lemon juice in a separate bowl to preserve color.

In a small bowl, whisk together red wine vinegar, Dijon mustard and oregano. Add honey, olive oil, salt and pepper to taste. Add avocado and dressing to serving bowl; toss lightly. Garnish with lemon zest.

SERVES 4

Adapted from Bobby Flay's recipe in *Bobby Flay Fit*

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NEED TO USE IT TONIGHT?

Cut eggplant into 1/2-inch rounds, toss with Italian-seasoned flour, dip in egg, and coat in breadcrumbs. Repeat if desired for a double bread coating. Fry in 2 tablespoons of oil in a pan over medium heat until lightly browned. Alternating as you go, layer eggplant rounds, tomato and fresh mozzarella slices, and fresh basil. In the winter months, sub in marinara sauce and dried basil. Try adding other garden veggies, like a slice of caramelized onion or roasted red pepper slices. Makes a great sandwich, too!