

EGGPLANT & AVOCADO SALAD

INGREDIENTS

- 1 Eggplant (Italian) (cut into 1 inch slices)
- 1 Onion (red) (large) (cut into rounds)
- Healthy oil **OR** non-stick cooking spray & garlic spray
- 1 Avocado (halved) (pitted) (chopped)
- 1 T Red wine vinegar
- 1 T Dijon mustard
- 1 T Oregano
- Extra virgin olive oil
- Honey
- Salt & pepper to taste
- 1 Lemon (zested)



GRILLING DIRECTIONS

- 1 Brush the eggplant & red onion slices with healthy oil **OR** spray with non-stick cooking spray & garlic spray
- 2 Grill until they have a slight char
- 3 Remove both from the grill to a cutting board & let cool slightly

MIXING DIRECTIONS

- 1 Roughly chop onions & eggplant & place them in a bowl that has the avocado
- 2 In another bowl, whisk the red wine vinegar, mustard & oregano
- 3 Then add honey & olive oil to taste blending until emulsified
- 4 Season with salt & pepper to taste
- 5 Add the dressing to the eggplant, onion & avocado mix & toss
- 6 Garnish with lemon zest

NOTES

If you don't want to take the time to use your outdoor grill use a George Forman type of grill