

EGGPLANT & PEPPERS SALAD

INGREDIENTS

- 3 lbs** Eggplant (firm) (cut off stem & hard leaf surrounding it) (cut in half lengthwise)
- 2** Green peppers (cored) (seeded) (diced)
- 2** Red peppers (cored) (seeded) (roasted) (diced)
- 1/2 can** Tomatoes (diced)
- 15** Red cherry tomatoes (cut in 1/4's)
- 2 T** Lemon juice
- 4 cloves** Garlic (chopped)
- 1/2 C** Italian parsley (fresh) (chopped)
- 1/4 C** Chives (fresh) (chopped)
- 2 T** Basil
- 1 T** Extra virgin olive oil
- 1/2 t** Salt
- 1/8 t** Black Pepper



COOKING DIRECTIONS

- 1** Preheat oven to 450 F & line a baking sheet with foil sprayed with non-stick cooking spray
- 2** Score eggplant down the middle with the tip of knife being careful not to cut thru the skin
- 3** Place the eggplant halves on the foil cut side down
- 4** Roast eggplant & take out of oven when skin has begun to shrivel & eggplant has softened but not collapsed
- 5** Place the eggplant halves cut side down on a rack over a baking sheet or in a colander
- 6** Cool & drain for 15 - 30 minutes
- 7** Chop the flesh into cubes or triangles making sure to leave the skin on
- 8** Chop the eggplant into firm pieces
- 9** Then add the peppers, tomatoes, garlic, parsley, chives, basil, oil, salt, pepper & lemon juice
- 10** If you like more 'tang,' you can add more lemon juice
- 11** Mix thoroughly & chill
- 12** Take salad out of the refrigerator 1/2 an hour before serving

NOTES

You can roast eggplant several hours before you use it in a recipe

- 1** Large globe eggplants require at least 25 minutes to roast depending how plump they are
- 2** Small narrow eggplants (Japanese & Italian) take about 15 minutes to roast

Preheat the oven to 450 degrees. Cut the stem and calyx off the eggplant, and cut the body lengthwise in half. Score la

prick eggplants down the middle with the tip of a knife, being careful not to cut through the skin