

EGGPLANT & AVOCADO SALAD

INGREDIENTS

- 1 Italian eggplant (cut into 1 inch slices)
- 1 Red onion (large (cut into rounds))
- 1 Avocado (halved) (pitted) (chopped)
- Healthy oil

- 1 T Red wine vinegar
- 1 T Dijon mustard
- 1 T Oregano
- Extra virgin olive oil
- Honey
- Salt & pepper to taste
- 1 Lemon (zested)



COOKING INSTRUCTIONS

- 1 Grill the eggplant & onions so they have some black lines or a char
- 2 Cool slightly & then roughly chop the grilled vegetables
- 3 Place the grilled vegetables & the avocado in a bowl
- 4 In a separate small bowl, whisk red wine vinegar, mustard & oregano
- 5 Add honey & olive oil to taste blending until emulsified
- 6 Season with salt & pepper to taste
- 7 Add the dressing to eggplant, onion, avocado mix & toss
- 8 Garnish with lemon zest

NOTES

- 1 Olive oil shouldn't be used on temperature higher than medium
- 2 Non-stick cooking spray should not be used on portable indoor grill
- 3 If grilling the eggplant & red onions on your outdoor or indoor grill, brush them with healthy oil
- 4 If 'grilling' them in a flat pan on the stove top, spray the pan with non-stick cooking spray

