

**TOTAL TIME**

30 minutes

**PREP TIME**

15 minutes

**COOK TIME**

15 minutes

**SERVES**

2-4

**COOKING LEVEL**

Easy

**RECIPE | EGGPLANTS**

# GRILLED EGGPLANT AND SPINACH SALAD

**INGREDIENTS  
(SALAD)**

1 Pure Flavor® Sicilian Eggplant,  
cut into 3/4" round slices  
1 Pure Flavor® Tomato  
On-the-Vine, diced  
5 ounces package of fresh spinach  
1 tbsp. Pure Flavor® Red Sweet  
Bell Peppers, roasted and dice  
1 tbsp. fresh mint, chopped  
1 tbsp. fresh parsley, chopped  
1 tbsp. fresh oregano, chopped  
1 tbsp. red onion, chopped  
3 tbsp. olive oil

**INGREDIENTS  
(DRESSING)**

1-2 cloves garlic, minced  
1 heaping teaspoon tahini  
1 tsp. Dijon mustard  
1/2 tsp. smoked paprika  
Juice of 1/2 lemon  
Salt & pepper, to taste  
1/4 cup olive oil

**DIRECTIONS**

1. Heat BBQ/grill to medium-high heat.
2. Salt both sides of eggplant slices to absorb excess moisture and set aside.
3. Core, deseed and flatten pepper, brush pepper with oil and grill 3-5 minutes. Place in a bowl and cover with plastic wrap until cool. Then diced 1 tbsp.
4. Prepare dressing by combining all ingredients and whisking together.
5. Combine mint, parsley, oregano and onion with spinach in a large salad bowl.
6. Brush both sides of the eggplant slices with olive oil before grilling.
7. Grill eggplant slices for approximately 3-5 minutes per side until browned and crispy on the outside and tender on the inside.
8. Once cool, cut eggplant slices into quarters.
9. Add eggplant to salad and mix together with dressing. Serve immediately.

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