



RECIPE | PEPPERS

GRILLED EGGPLANT AND SPINACH SALAD



30 min

15 min
PREP.

15 min
COOKING



4



easy

INGREDIENTS

For the salad:

- 2 Pure Flavor® Craft House Collection® Baby Eggplants, cut into 3/4" round slices
- 2 Pure Flavor® Tomatoes On-the-Vine, diced
- 1 Pure Flavor® Red Sweet Bell Pepper,
- 2 cups fresh spinach
- 3 tbsp olive oil
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano, chopped
- 1 tbsp red onion, chopped

For the dressing:

- 2 cloves garlic, minced
- ¼ cup olive oil
- 1 tbsp tahini
- 1 tsp Dijon mustard
- ½ tsp smoked paprika
- ½ lemon, juiced
- Salt & pepper, to taste



DIRECTIONS

- 1 Heat 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.