

RECIPE | EGGPLANTS



LENTIL AND ROASTED EGGPLANT SALAD



PURE-FLAVOR.COM

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INGREDIENTS

For the salad:

- 2** 2 ct Pure Flavor® Craft House Collection® Baby Eggplants, cut into large cubes
- 2** 4 oz Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** large garlic clove, smashed
- 1** bay leaf, dry or fresh
- $\frac{1}{2}$ Lemon peel

60g feta, crumbled

$\frac{1}{2}$ cups water

1 cup lentils

1 cup vegetable broth

$\frac{1}{2}$ **cup** arugula

$\frac{1}{2}$ **tsp** dried thyme

For the dressing:

- 1** garlic clove, minced.
- 4** **tbsp** extra virgin olive oil
- 2** **tbsp** lemon juice
- 1** **tsp** Dijon mustard
- 1** **tsp** thyme leaves, crumbled
- $\frac{1}{2}$ **tsp** salt
- $\frac{1}{2}$ **tsp** black pepper

DIRECTIONS

- 1** Preheat oven to 450°F.
- 2** Line a tray with parchment/baking paper, spread the eggplant pieces, and drizzle with oil, salt, and pepper. Roast for 20 minutes and flip to cook for 10 minutes or until edges are caramelized and soft.
- 3** Add lentils, vegetable broth, water, garlic, lemon peel, bay leaf, and thyme in a large saucepan over medium heat to a simmer. Place the lid, lower heat to medium-low, and cook for 20 minutes, stirring occasionally. Drain excess liquid and remove garlic, lemon peel, and bay leaf.
- 4** Mix the dressing ingredients in a large bowl and add the lentil mix with the tomatoes, arugula, and eggplant.
- 5** Sprinkle with feta.
- 6** Serve warm or at room temp!



50 min

15 min PREP. | **35 min** COOKING



4



medium