

Roasted Eggplant Salad with Feta and Pine Nuts

From a cooking class with Tarla Fallgatter, 2018



Servings: 8

1. Preheat oven to 375°F. Toss eggplant and onion slices with olive oil, spice rub, salt and pepper to taste and spread out on a large parchment-lined baking sheet. Roast until tender, stirring occasionally, about 40 minutes.
2. Wrap garlic cloves in foil and place in a 300°F oven for 30 minutes, until cloves are very soft. Chop. Whisk vinaigrette ingredients together. Add the roasted garlic.
3. Toss eggplant, onions, pepper and olives with vinaigrette to coat. Toss in frisee and arugula and add to the eggplant mixture. Divide among plates. Sprinkle with feta cheese and pine nuts. Serve.

2 large red bell peppers, roasted, peeled, seeded, sliced lengthwise

2 pounds japanese eggplants, trimmed, quarter lengthwise

1 whole red onion, peeled, cut in 1/2" slices

1/4 cup olive oil

2 teaspoons Mediterranean spice rub

16 whole garlic cloves

16 whole kalamata olives, pitted, chopped

2 small frisee lettuce, torn

2 cups arugula

1/3 cup pine nuts, toasted

6 ounces Feta cheese, cut in small cubes

VINAIGRETTE:

2 tablespoons balsamic vinegar

2 tablespoons fig balsamic vinegar

2 teaspoons honey mustard

6 tablespoons olive oil

salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 312 Calories; 27g Fat (73.9% calories from fat); 7g Protein; 15g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 381mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 5 Fat.

Carolyn T's Blog: tastingspoons.com