

Warm Grilled Eggplant Salad

by foodforscot

1 eggplant (I used Rosa Bianca)
1 summer squash
1 green pepper
1 big bag of salad greens
quarter of a medium red onion, thinly sliced
1 handful of basil, rolled and thinly sliced
10 chives, minced
1/2 tsp of Dijon mustard
1 lemon, juice
1 tsp of red wine vinegar
olive oil
salt
pepper

Slice the eggplant to make 1/4th of an inch thick rounds. Place in a colander (or lay out on a kitchen towel) and sprinkle generously with salt. Mix (or turn) to evenly coat the eggplant with the salt. Let sit for at least 30 minute (up to an hour or so) to release the water out of the eggplant.

Prepare the dressing: In a medium bowl, combine basil, chives, Dijon mustard, lemon juice, red wine vinegar. Season with salt and pepper. While whisking, slowly add in olive oil. Add more salt, pepper, and oil, to taste. Set aside.

Preheat grill to medium high.

Slice the summer squash and quarter (and core and seed) the green pepper. Season with salt and pepper. Once eggplant is done, pat dry with a kitchen towel. Season with pepper. Drizzle olive oil over everything.

Right before grilling, turn off the flame, brush the grill with olive oil. Turn the flame back on. Grill eggplant, squash, and green peppers until soft with nice grill marks. Remove from grill and chop into bite sized pieces.

In a large bowl, toss together salad greens, red onions, grilled veggies, and lemon/herb dressing. Salad is best served warm and immediately.

(Servings: 3, Prep time: 30 min., Cook time: 30 min., Difficulty: Easy)