

EGGPLANT SALAD WITH MUSHROOMS AND FRESH HERBS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 92

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 121 mg

Total Carbohydrate: 7.5 g

Dietary Fiber: 3 g

Protein: 2.5 g



Ingredients

Salad

- 1 medium-large eggplant, stem removed and cut into cubes
- 3 Tablespoons olive oil (reserve 1 Tablespoon for dressing)
- 9 ounce container sliced raw mushrooms

Dressing

- 2 cloves garlic, minced

- 1 ½ cups halved cherry tomatoes
- 3 Tablespoons chopped fresh basil
- 1 Tablespoon chopped fresh sage
- 1 Tablespoon chopped fresh rosemary
- 2 Tablespoons grated Parmesan cheese

- Reserved 1 Tablespoon olive oil (from above)



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- 1 Tablespoon fresh lemon juice
- 1 Tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt

Directions

1. Preheat oven to 400 degrees Fahrenheit. Toss eggplant in olive oil and spread onto baking sheet. Bake for 20 minutes. Let cool before adding to salad.
2. In a large bowl, combine all salad ingredients.
3. In a small bowl, whisk dressing ingredients. Pour over salad and toss to coat.
4. Refrigerate for 2 hours prior to serving.