

Garden Fresh Grilled Eggplant Salad

Ingredients:

4 small or 3 medium eggplants
Kosher salt
Extra virgin olive oil
2 large roasted red bell peppers
2 medium tomatoes, seeded and diced
1/2 cup thinly sliced whole scallions
1/2 cup thinly sliced radishes
1/4 cup finely chopped fresh parsley
1/4 cup finely chopped fresh cilantro
3 tablespoons chopped fresh mint
2 garlic cloves, finely minced
4 tablespoons balsamic vinegar
1/2 cup light olive oil
Sea salt and freshly ground pepper to taste
4 ounces goat cheese, crumbled

Preparation:

Prepare eggplant by washing and cutting into 1/2 inch thick slices, then sprinkle with kosher salt, place on a large rack over a tray and allow to drain for 25 to 30 minutes. Set grill to medium-hot.

Brush or drizzle and rub olive oil on eggplant slices, then set on hot grill and cook for 5 to 7 minutes, turn slices and grill another 5 to 7 minutes or until tender. Remove and put on cutting board and dice.

Get out a large salad bowl and put eggplant pieces in and add all the vegetables and toss to combine.

Drizzle in the balsamic vinegar and olive oil and toss; then season with sea salt and pepper, toss again, taste, and adjust seasoning.

Top with the crumbled goat cheese and serve immediately.