



Spiced Grilled Eggplant with Fresh Tomato Salad

Ingredients:

- 2 cups eggplant, sliced lengthwise ½ inch thick
- 2 tsp olive oil
- 1 tsp ground coriander
- 1 tbsp fresh lemon juice
- 2 tbsp red wine vinegar
- 1 cup multicolored cherry or grape tomatoes, halved
- 1 cup small Fresno chiles or other hot chiles, finely chopped
- ¼ c packed fresh mint leaves, finely chopped, plus more for serving

Directions:

1. Heat grill to medium. Brush eggplant with 3 tbsp oil, then season with coriander, cayenne, and ¼ tsp salt. Grill until tender, 10 to 12 minutes.
2. Meanwhile, in a medium bowl, whisk together lemon juice, vinegar, remaining tbsp oil and ½ tsp salt; fold in tomatoes, chiles and mint.
3. Arrange eggplant on a large platter, top with tomato salad.
4. Enjoy!

Servings: makes 2 Servings.

Each serving = 1½ cups occasional vegetables, ½ cup select vegetables, 1 tsp healthy fat.

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