

# 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.