Market Eggplant Salad
From – Fresh from the Farmstand

1/3 cup olive oil
1 Tbsp lemon juice, or to taste
2 cloves garlic, minced
½ tsp dried oregano
1 onion, thinly sliced and separated into rings
1 zucchini, halved and thinly sliced
1 cup sliced mushrooms
1 eggplant, peeled and cut into 1/2” cubes
1 tomato, chopped
¼ tsp red pepper flakes, or to taste
salt and pepper to taste
1 cup crumbled blue cheese or goat cheese

• Combine oil, lemon juice, garlic and oregano in a large skillet. Sauté over medium heat until garlic is lightly golden.
• Add onion, zucchini, mushrooms and eggplant. Sauté an additional 15 minutes, until vegetables are tender.
• Transfer to a serving bowl.
• Mix in tomato, red pepper flakes, salt and pepper. Sprinkle with cheese.
• Serve warm or at room temperature.

For more recipes visit us at
www.HealthyHarvestFarmCSA.com