

# CHUNKY EGGPLANT SALAD\*

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggplants (about 1 lb./455 g each)	2 ea.
Red onion, halved and finely chopped	1 ea.
Tomato, large, cored, halved, and finely chopped	1 ea.
Jalapeño, finely chopped (seeded and ribbed for less heat)	1 ea.
Extra-virgin olive oil	2 Tbsp.
Greek yogurt, plain	2 cups
Cilantro/fresh coriander leaves, finely chopped	½ cup
Lemon, juice of	½ ea.
Aleppo pepper	¼ tsp.
Sumac	⅛ tsp.
Salt	1 tsp.
Black pepper, ground	½ tsp.
Pita breads, whole wheat, warmed in the oven or over a burner, and sliced into quarters	4 ea.

## **Method**

1. Place 1 whole eggplant on a burner and set the flame to medium-high. Char the eggplant using tongs to turn it often (I turn it every 2 minutes or so), until the skin is completely black and papery and the eggplant is deflated, about 10 minutes total.
2. Transfer it to a plate and cover with plastic wrap. Set aside until the eggplant is cool enough to handle, then halve it, scoop out the pulp, roughly chopped it, and place it in a large bowl. Repeat with the second eggplant.
3. Add the onion, tomato, jalapeño, and olive oil to the eggplant and gently stir to combine. In a medium bowl, whisk together the yogurt, cilantro/fresh coriander, lemon juice, Aleppo pepper, sumac, salt, and pepper.
4. Pour the mixture over the eggplant and toss to combine. Serve immediately with pita bread, or cover with plastic wrap and refrigerate for up to two days before serving.

**Note:** The eggplant can be roasted in the oven instead of on the stovetop (you won't get the incredible smoky flavor, though). Preheat the oven to 500°F/260°C/gas 10. Prick the eggplant a few times with a fork and then place it on a rimmed baking sheet. Roast it until it is blackened and deflated, about 20 minutes. Remove from the oven and set it aside until it's cool enough to handle, then proceed with the recipe.

## **Nutrition Information (per portion/serving, prepared with lowfat Greek yogurt)**

Calories: 160/Protein: 9 g/Carbohydrate: 21 g/Fiber: 4 g / Carbohydrate to fiber ratio: 5

Saturated fat: 1 g / Polyunsaturated fat: 0.5 g / Monounsaturated fat: 2.5 g  
Trans fat: 0 g / Sodium: 250 mg / Potassium: 310 mg / Added sugar: 0 g

*\*This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for a side dish.*

Source: Suvir Saran, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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