



Warm Eggplant Salad with Walnuts

(ADAPTED FROM ANDY BARAGHANI, BON APPETIT – “HEALTHYISH”)

Yield: Makes 4 servings

Ingredients

- $\frac{3}{4}$ cup walnuts
- $\frac{1}{4}$ cup fresh lemon juice (juice of 1 lemon)
- 1 tsp cinnamon
- $\frac{1}{4}$ cup + 1 tbsp olive oil
- $1\frac{1}{2}$ lbs of eggplant (4 small/globe shaped eggplants or 2 medium-sized eggplants)
- 1 small red onion, thinly sliced
- salt and pepper to taste

Optional

- $\frac{1}{2}$ tsp red pepper flakes
- 1 tbsp honey

Instructions

Preheat oven to 350°. Toast walnuts on a rimmed baking sheet, tossing occasionally, until fragrant and slightly darker, 8–10 minutes. Let cool, then finely chop; set aside.

Meanwhile, whisk lemon juice, cinnamon, red pepper, and 1 Tbsp. oil in a large bowl.

Heat remaining $\frac{1}{4}$ cup oil in a large skillet, preferably nonstick, over medium-high. Add eggplant and cook, tossing occasionally, until golden brown and tender, 7–9 minutes. Using a slotted spoon or tongs, transfer eggplant to bowl with dressing, leaving any oil in pan behind; discard oil. Add onion, mint and three-quarters of reserved walnuts to bowl. Season with salt and toss to combine.

Transfer eggplant salad to a platter. Drizzle with honey, then top with remaining walnuts.

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Description

This recipe is a creative and flavorful way to cook eggplant. With cinnamon, honey (if desired), fresh lemon juice, and walnuts this dish is decadently nutritious! Consider adding red pepper flakes to add even more depth and complexity (and of course, some heat!).



Farmers Market Finds

- Eggplant
- Fresh Mint
- Onion
- Honey (optional)



Grocery Store Grabs

- Walnuts
- Fresh Lemon
- Olive Oil
- Cinnamon
- Salt & Pepper
- Red Pepper Flakes (optional)

Substitutes

Could use pecans, almonds, pistachios, pumpkin seeds or sunflower seeds in place of walnuts.

Could use yellow or white onion in place of red onion. Green onion could also be used.

Pairs with

This is a bold flavored dish and would pair well with summer barbecue flavors, such as a grilled burger (beef, turkey or veggie). It would also pair well with a grilled portabella mushroom or a grilled/roasted chicken breast. A fresh corn on the cob would also be a stellar side dish to pair.