

Eggplant, Tomato & Mozzarella Flatbread Salad



Makes:

4 servings as a main dish

Utensil:

Saladmaster Food Processor
11" Square Griddle
medium mixing bowl
7" Santoku Knife

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Recipe:

Contributed By:

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Recipe Description:

Eggplant cooks quickly on the Saladmaster Square Griddle without the use of any oil. This easy to prepare recipe makes an elegant lunch or brunch style entrée.

1 medium
eggplant (approximately 1½ pounds), peeled and sliced into ½ -inch rounds
2 tomatoes, fresh, medium dice
4 ounces
baby arugula or mixed salad greens
(113 g)
4 ounces
shredded mozzarella cheese
(113 g)
4 whole grain pita bread pockets, or flatbread of choice
shaved pecorino Romano cheese, for garnish (optional)

Dressing

2
tablespoons olive oil (30 mL) 2
tablespoons balsamic (30 mL) ½
vinegar 1
teaspoon yellow mustard (2 g) ¾
clove garlic, shredded, use Cone #1
teaspoon natural salt (4 g) 2
fresh ground pepper
tablespoons basil leaves, fresh, minced (5 g) **Directions:**

1. Season eggplant slices with salt, to taste. Place in a colander and let rest for approximately 20 - 30 minutes.

2. Place all dressing ingredients in a small jar, cover with lid and shake vigorously to combine. Set aside.
3. Preheat griddle over medium heat. When several drops of water sprinkled on griddle skitter and dissipate, approximately 5 - 7 minutes, add eggplant and cook for 3 - 4 minutes until browned and softened. Turn eggplant and cook for an additional 3 - 4 minutes. Remove griddle from heat.
4. When eggplant is cool enough to handle, but into medium dice and place in a bowl.
5. Add chopped tomatoes and pour dressing over top. Toss to combine.
6. Clean griddle and reheat over medium heat. Toast pita bread for 3 minutes, turn over and place 1 ounce mozzarella on top. Cook for an additional 3 - 4 minutes, until mozzarella is slightly melted.
7. To serve, place warmed pita bread with mozzarella on plate. Top with ¼ of salad greens and then with ¼ of eggplant mixture. Garnish with shaved pecorino Romano cheese.

Tips:

- Substitute pita bread pockets for your favorite flatbread or gluten-free wrap.
- Substitute dressing for 4 tablespoons of bottle Italian style dressing.

Nutritional Information per

▼ Serving

Calories: 358

Total Fat: 14g

Saturated Fat: 4g

Cholesterol: 18mg

Sodium: 975mg

Total 48g

Carbs:

Dietary Fiber: 10g

Sugar: 7g

Protein: 16g

Nutritional analysis does not include shaved pecorino Romano cheese