

Grilled Eggplant-Spinach Salad

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 10 minutes

Grill Time: 10 minutes

1 small eggplant, sliced into 1-inch rounds

Kosher salt

6 tablespoons extra-virgin olive oil, divided

4 cloves garlic, peeled

1/4 cup walnuts, chopped

1 teaspoon fresh thyme OR 1/8 teaspoon dried thyme, chopped

4 cups fresh spinach leaves

1/2 cup (2 oz) goat cheese, crumbled

2 tablespoons balsamic vinegar

Coat a grill rack with nonstick cooking spray.

Preheat the grill to MEDIUM (300 to 350 degrees).

Sprinkle the eggplant generously with salt. Place in a colander in the sink. Let stand 10 minutes.

Rinse the eggplant. Pat dry with paper towels. Place the eggplant on a large baking sheet. Brush with two tablespoons of the oil. Set aside.

Place the garlic cloves on a 4-inch square of heavy-duty foil. Drizzle with one tablespoon of the oil. Set aside.

Place the walnuts on a 6-inch square of heavy-duty foil. Set aside.

Place the eggplant directly on the grill.

Grill, covered, for 5 minutes per side or until tender.

Place the foil squares with the garlic and walnuts on the grill. Grill 3 to 5 minutes. Remove the walnuts when lightly toasted. Remove the garlic when soft. Finely chop the garlic.

Remove the eggplant from the grill. Let cool slightly. Cut into 1-inch pieces.

In a large bowl, combine the eggplant, garlic and thyme. Toss lightly. Add the spinach and walnuts. Toss.

Sprinkle with the goat cheese. Drizzle with the vinegar and the remaining three tablespoons of oil.

Serve.

Per Serving (excluding unknown items): 326 Calories; 30g Fat (79.6% calories from fat); 8g Protein; 10g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.