

Broiled Eggplant Salad

(serves 2)

INGREDIENTS:

- 1 medium eggplant, sliced into circles
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- salt & pepper to taste
- chopped scallions

The
Farm

Saint Joseph Mercy Health System

You will love
this delicious
eggplant salad!



DIRECTIONS:

- 1) Turn your oven's broiler to high. Arrange the slices of eggplant on a baking sheet, then place under the broiler for 3-8 minutes. Watch closely - when the eggplant begins to blacken, flip and do the other side.
- 2) Once both sides are done, cut into bite-size pieces.
- 3) In a bowl, mix the tahini and lemon juice. Add salt and pepper. Add the eggplant and stir.
- 4) Top with scallions and enjoy!

St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm

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