

Herbed Eggplant Slices

Ingredients: Serves 6

- 6 cups chopped kale
- ½ cup chopped red onion
- ½ cup grated carrots
- 1 Tablespoon olive oil
- 2 teaspoon red wine vinegar
- 1 teaspoon fresh thyme
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- ½ teaspoon salt

Directions:

- 1) Combine olive oil, vinegar, thyme, Dijon mustard, salt, and minced garlic in a large bowl, stirring with a whisk.
- 2) Add kale, carrots, and onion.
- 3) Toss and enjoy!

For more recipes, visit <https://stjoefarm.wordpress.com>

The
Farm

Saint Joseph Mercy Health System

Nutrition per serving:

117 Calories

6 g fat

160 mg sodium,

12 g Carbohydrates

3 g Sugar

6 g Protein

