



MEDITERRANEAN SUMMER SALAD WITH ANCIENT GRAINS AND ROASTED EGGPLANT

ingredients:

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| 1 cup dry tri-color quinoa | 1/2 cup pine nuts |
| 1/2 cup dry bulgur wheat | Juice and zest of 1 lemon |
| 1 medium eggplant, cut into 1-inch cubes (4 cups, about 3/4 pound) | 2 garlic cloves, crushed |
| 1 sweet onion, sliced thin | 1 1/2 Tablespoons apple cider vinegar |
| 1/4 cup olive oil, divided | 1/2 teaspoon salt |
| 1 cup halved grape tomatoes | 1/2 cup chopped basil |

directions:

1. Place quinoa and bulgur into pot with 3 cups of water. Bring to a boil. Reduce heat to low and cover. Cook until just tender, about 14 minutes. Drain excess liquid and set aside to cool.
2. Place rack in center of oven and preheat to 425° F. Place eggplant and onion on a baking sheet and drizzle with 2 tablespoons olive oil, gently tossing with a spoon to coat. Roast for 25-35 minutes, until the onion is caramelized and the eggplant is tender. Set aside to cool.
3. Heat a small pan on the stove over medium-high heat. Add pine nuts and toast, stirring occasionally for 5-8 minutes or until lightly browned and fragrant.
4. Place the quinoa and bulgur in a large serving bowl. Stir in the roasted eggplant and onion. Add the grape tomatoes and pine nuts.
5. To make dressing, whisk together lemon juice, lemon zest, crushed garlic, apple cider vinegar, salt and remaining 2 Tablespoons olive oil in a small bowl. Pour the dressing over the grains and vegetables and toss to mix well. Top with chopped basil. Can be stored in refrigerator for up to 3 days.

Yield: 8 servings

Nutrition Information Per Serving:

238 Calories
13.5 grams Fat
1.5 grams Saturated Fat
0 mg Cholesterol
153 mg Sodium
27 grams Carbohydrates
4.5 grams Fiber
6 grams Protein

Food exchanges:

1 1/2 starch, 1 vegetable,
3 fat



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