

Grilled Eggplant Salad

- 5 Large Eggplants
- 5 Medium Sized Tomatoes –Roma Tomatoes work great for this
- 1 Large Onion – Paper Skin Removed
- 2 Large Red Bell Peppers
- 4 Cloves garlic mined
- 1 Bunch of Cilantro very roughly chopped
- 2 teaspoons extra-virgin olive oil
- Himalayan sea salt and Pepper to taste



1. Roast all the vegetables on a grill turned to high or in a 450-degree oven. Making sure to rub them all down with olive oil. And prick the eggplants with a fork to keep them from exploding.
2. The tomatoes and peppers will cook the fastest so keep an eye on them while cooking. They should take about 15- 20 minutes. The eggplants take about 20-25. But again keep an eye on them turning them every 7 minutes or so.
3. Once the tomatoes, eggplants and peppers are charred, throw them in a colander. Allow to stand for 15-30 minutes. This makes the extra water seep out so that the salad isn't too watery. Allow to stand for 15-30 minutes. Place the onions on the side.
4. Peel the skin off of all the vegetables except the onions and toss in a square dish. Cut all the vegetables very roughly in the dish. Since they are all so soft they will cut easily.
5. Cut the onion into small dice, roughly and combine with vegetables. Add cilantro, garlic, season to taste and enjoy!

Serving Size = 2 cups

