

Grilled Fig and Eggplant Salad with Balsamic Honey Vinaigrette

This isn't your ordinary every day salad! The flavors of the grilled eggplant and black figs are pleasingly heightened with a mildly sweet and tart tasting Balsamic Honey Vinaigrette.

Ingredients

4 large handfuls Baby Mixed Greens
1 cup Grape Tomatoes (about 5 ounces)
½ cup thinly sliced Red Onion (about ¼ onion)
½ cup roughly chopped Walnuts, toasted
3 ounces Greek or French Feta Cheese, diced (about ¾ cup)
8 small fresh Black Figs, stems removed, halved
16 3x2 inch Eggplant slices about 1 centimeter thick (about ½ large eggplant)
Extra Virgin Olive Oil for brushing
Freshly Ground Sea Salt and Black Pepper to taste

Balsamic Honey Vinaigrette

1 tablespoon White Wine Vinegar
1 tablespoon Red Wine Vinegar
1 teaspoon Balsamic Vinegar
2 tablespoons Honey
½ cup Extra Virgin Olive Oil
Freshly Ground Sea Salt and Black Pepper to taste

Preparation

Toss mixed greens, tomatoes, onion, walnuts and feta cheese in a medium to large sized platter.

Heat a grill pan to medium-high heat. Place eggplant slices on grill, sprinkle with salt and pepper, brush with olive oil, turn slices over and repeat with the other side. Grill eggplant until tender and grill marks have formed, about 3-5 minutes. Grill in batches if needed. Transfer to a dish, set aside.

Place figs, cut side down on grill pan for 2-3 minutes until grill marks have formed (be careful not to burn, lower heat if necessary), gently turn fig halves over, lightly brush tops with olive oil and grill a few minutes longer until figs appear slightly tender and glossy (do not over cook). Transfer to a dish, set aside.

Arrange eggplant slices and figs on top of salad mixture as desired.

Prepare Balsamic Honey Vinaigrette: Mix extra virgin olive oil, red, white and balsamic vinegars in a small mixing bowl. Whisk in honey until well incorporated. Season to taste with freshly ground sea salt and black pepper.

Drizzle desired amount of Balsamic Honey Vinaigrette over salad and serve.

Serves 4

* Barbeque grill may be used for grilling eggplant and figs. Spray with non-stick cooking spray to prevent sticking.

*Small Japanese or Chinese Eggplant may be used and sliced into strips.