



Eggplant Salad with Fresh Ingredients and Flavor

Introduction

Eggplant salad is a vibrant and flavorful dish that celebrates the goodness of grilled vegetables and fresh herbs. This recipe from Love and Lemons brings together smoky grilled eggplant and red peppers, juicy cherry tomatoes, tangy feta cheese, and aromatic herbs—all tossed in a zesty lemon dressing. Perfect as a side or a light meal, this salad is not only delicious but also visually appealing.

Ingredients

2 tablespoons extra-virgin olive oil, plus more for drizzling
1 tablespoon fresh lemon juice
2 garlic cloves, grated
 $\frac{1}{2}$ teaspoon za'atar
 $\frac{1}{2}$ teaspoon sea salt, plus more for sprinkling
Freshly ground black pepper
1 medium eggplant (about 1 pound), cut into $\frac{1}{2}$ -inch-thick rounds
1 red bell pepper, stemmed, seeded, and quartered lengthwise
1 cup cherry tomatoes, halved
 $\frac{1}{2}$ cup crumbled feta cheese
 $\frac{1}{3}$ cup pickled red onions
 $\frac{1}{3}$ cup fresh basil leaves
 $\frac{1}{3}$ cup fresh mint leaves

Prep Time

20 minutes

Cook Time

10 minutes

Total Time

30 minutes

Yield

Serves 4

This eggplant salad is a delightful mix of textures and flavors, making it a perfect addition to any meal. Enjoy this fresh and healthy dish that highlights the best of seasonal ingredients!

Detailed Directions and Instructions

Prepare the Dressing

In a large bowl, whisk together 2 tablespoons of extra-virgin olive oil, 1 tablespoon of fresh lemon juice, 2 grated garlic cloves, $\frac{1}{2}$ teaspoon of za'atar, $\frac{1}{2}$ teaspoon of sea salt, and freshly ground black pepper to taste.

Grill the Vegetables

- Preheat a grill or grill pan to medium-high heat.
- Place the eggplant rounds and red bell pepper quarters on a large plate or in a baking dish. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat evenly.
- Grill the eggplant and pepper pieces for 2 to 5 minutes per side, or until they are well charred and tender. Remove from the grill and chop into 1-inch pieces.

See also Nutella Mousse

Marinate the Grilled Vegetables

Add the chopped grilled eggplant and peppers to the bowl with the

dressing. Stir to coat and let them marinate for 5 minutes.

Assemble the Salad

Fold in 1 cup of halved cherry tomatoes, $\frac{1}{2}$ cup of crumbled feta cheese, $\frac{1}{3}$ cup of pickled red onions, and half of the fresh basil and mint leaves into the marinated vegetables.

Season and Serve

Season the salad to taste with additional salt and pepper if needed. Garnish with the remaining basil and mint leaves. Serve immediately.

Notes

Vegetable Grilling Tips

Ensure the grill is properly preheated for optimal charring. Do not overcrowd the grill for even cooking.

Marination Time

Allowing the vegetables to marinate enhances their flavor, so resist the urge to skip this step.

Serving Suggestions

This salad is perfect as a side dish or a light main course. It pairs well with crusty bread or grilled meats.

Storage Advice

Store any leftovers in an airtight container in the refrigerator for up to 2 days. The salad may lose some texture but will still retain flavor.



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Cook techniques

Grilling Vegetables

Grilling brings out the smoky flavors in vegetables like eggplant and bell peppers. For best results, ensure the grill is preheated to medium-high heat, and grill the vegetables until they are well charred and tender.

Marinating

Marinating grilled vegetables allows the flavors to meld together. After grilling, let the vegetables sit in the dressing for at least 5 minutes to absorb the zesty flavors.

Folding Ingredients

Gently folding in delicate ingredients like cherry tomatoes, feta cheese, and herbs ensures they maintain their texture and freshness without getting mashed or broken apart.

See also [Banana Pudding Cheesecake with Salted Caramel](#)

FAQ

Can I use other vegetables in this salad?

Yes, feel free to experiment with other grilled vegetables such as zucchini, asparagus, or onions to suit your preferences.

Is there a vegan alternative to feta cheese?

For a vegan version, you can substitute crumbled tofu, a plant-based feta, or simply omit the cheese altogether.

How do I store leftover salad?

Store leftovers in an airtight container in the refrigerator for up to 2 days. However, the salad is best enjoyed fresh as the tomatoes can become mushy over time.

Can I make this salad ahead of time?

You can grill the vegetables and prepare the dressing in advance, but it's best to assemble the salad just before serving to keep the ingredients fresh.

Conclusion

This Eggplant Salad is a delightful combination of smoky grilled vegetables, fresh herbs, and tangy feta, all coming together in a vibrant and refreshing dish. Perfect for a light meal or as a side at your next gathering, this salad captures the essence of summer with its bright flavors and colorful presentation. Enjoy the deliciousness!

More recipes suggestions and combination

Roasted Vegetable Quinoa Salad

Combine roasted zucchini, bell peppers, and carrots with quinoa, cherry tomatoes, parsley, and a lemon vinaigrette for a hearty and nutritious salad.

Chickpea and Avocado Salad

Toss together canned chickpeas, diced avocado, cherry tomatoes, cucumber, and red onion with lime juice and fresh cilantro for a creamy and refreshing dish.

Watermelon and Feta Salad

Mix cubed watermelon with crumbled feta, fresh mint leaves, and a drizzle of balsamic glaze for a sweet and savory summer salad.

Grilled Vegetable Pasta Salad

Combine grilled asparagus, eggplant, and bell peppers with cooked pasta, olives, parmesan cheese, and a tangy pesto dressing for a delicious main course.

See also French Fried Onions

Kale and Apple Salad

Mix chopped kale with thinly sliced apples, walnuts, and crumbled blue cheese, topped with a honey mustard vinaigrette for a crunchy and satisfying salad.



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