



Eggplant feta and Spinach salad

Ingredients

- 2 eggplants
- ⅓ cup olive oil (divided)
- ½ shallot, peeled and minced
- ½ cup fresh parsley, chopped
- 2 teaspoons minced garlic
- 1 cup crumbled feta cheese
- 2 tablespoons red wine vinegar
- 6 cups fresh spinach
- ¾ cup pine nuts
- Salt and pepper, to taste

Instructions

Step 1: Roast the eggplant

Preheat your oven to 425°F (218°C). Line a baking sheet with foil. Cut each eggplant in half lengthwise and place them skin-side down on the sheet. Brush with 2 tablespoons of olive oil and season with salt and pepper. Roast for 30 minutes.

Step 2: Make the filling

While the eggplant is roasting, mix the minced shallot, chopped parsley, garlic, and crumbled feta in a medium bowl. Season with salt and pepper to taste.

Step 3: Stuff the eggplant

After 30 minutes, remove the eggplant from the oven. Spoon the feta mixture over each half. Return to the oven and bake for another 15 minutes, until the eggplant is tender and the cheese is starting to brown. Let cool for 5 minutes.

Step 4: Prepare the salad

In a large bowl, whisk together the remaining 4 tablespoons of olive oil with the red wine vinegar. Season with salt and pepper. Add the spinach and pine nuts, and toss well to coat.

Step 5: Serve

Serve the warm stuffed eggplant alongside the fresh spinach salad. Enjoy the eggplant by scooping out the filling and flesh with a fork.

