

## Grilled Ratatouille Salad

The perfect side dish or a whole meal



Eggplants are high in antioxidants, may lower overall cholesterol, and help improve blood flow.

### **Ingredients** (Makes 4 servings)

- 2 Japanese eggplants
- 1 medium sweet onion, such as Vidalia
- 1 medium summer squash
- 1 medium red bell pepper
- Olive oil
- 2 medium ripe tomatoes, chopped
- 2 tablespoons chopped, pitted black olives
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped Italian parsley
- ½ teaspoon crushed dried oregano
- ¼ teaspoon crushed dried thyme
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- ¼ cup grated Parmesan cheese
- 2 cups cooked brown rice, optional

## Directions

Slice the eggplants ½ inch thick. Slice the onion ½ inch thick. Quarter the squash lengthwise. Cut the bell pepper into ½ inch pieces lengthwise. Brush the eggplant, onion, bell pepper and squash lightly with oil. Place in a vegetable basket and grill on a hot grill. Remove the onion, bell pepper and squash after 10 minutes or when browned and tender; remove the eggplant after 12 minutes or when browned and tender. Coarsely chop the grilled vegetables.

Place in a bowl. Add the tomatoes, olives, basil, Italian parsley, oregano, thyme, 1 tablespoon olive oil, vinegar, salt and pepper to taste.

Toss with cheese. Spoon rice onto 4 plates, if desired. Top with ratatouille.

**Nutritional information** Per serving (with rice and seasoned with 1/4 teaspoon salt)

Calories 260  
Fat 10 g  
Cholesterol 4 mg  
Sodium 450 mg  
Carbohydrates 33 g  
Fiber 4.5 g  
Protein 6.7 g

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