

ROASTED EGGPLANT SALAD

I'm not sure if I like best the dressing or the salad, what I do know is that it makes me want to give it a spicy touch ... so tasty!

I like to eat salad all year long although I know it is a refreshing dish and I prioritize it in summer. What I do in cold weather is to combine it with hot things like soups, stews or baked foods and what I definitely love is to make salad with a mixture of raw and cooked vegetables.

The salads are an excellent opportunity to put green leaves in the diet, the well-known "greens". It's also great to put sprouts and give my body a plus of enzymes in the daily dishes. There are preparations that give us regulatory elements like vitamins and minerals, apart from the highly prized and rejuvenating antioxidants. For this reason!

INGREDIENTS

FOR THE SALAD

Two eggplants
A few cherry tomatoes
Carrot
Cucumber
Pepper (red or yellow)
A good handful of green leaves (mustard, arugula, canon, mixed ... whatever you have to be dark green)
Add what you have in the fridge to make salad
Extra virgin olive oil
Unrefined sea salt

Preheat the oven to 180°C

Cut the eggplants into medium dice (see photo)
Put baking paper on top of your baking tray, eggplant dice on top, put some salt and a trickle of extra virgin olive oil.
Put the tray in the oven on a medium level and let it bake for about 30-40 minutes.

While cooking the eggplants, cut the cucumber, the tomatoes, the pepper, peel the carrot and cut it as well.

Cocina tu vida

Ruth Meyer

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Put everything in a bowl together with the green leaves and reserve.

Prepare the dressing

FOR THE DRESSING:

1/2 teaspoon of sweet or spicy paprika, to taste

1 teaspoon MIX CAJUN (RECIPE HERE) - OPTIONAL

The juice of half a lemon

1 teaspoon cumin or ½ cumin powder

2 tablespoons unpasteurized apple cider vinegar

A flat teaspoon of unrefined sea salt

2 tablespoons mineral water

1 tablespoon of tahín

6 tablespoons extra virgin olive oil

Mix the lemon juice, vinegar, salt and water in a bowl, add the tahín and mix well until it is perfectly dissolved and soft, without lumps.

Then add the paprika, the Cajun Mix and cumin, mix well.

Add the oil, mix well and adjust the texture and flavor with water, oil or salt, to taste.

When the eggplants are cooled, mix them with the rest of vegetables that we have reserved in a bowl.

Set the salad in the plate as you like.

Put the dressing on top.

Serve, eat and enjoy to the max of the taste and the magnificent nutrients that it contains.

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