



## Salad of Fresh Herbs and Greens with Fried Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1.5 cups arugula loosely packed ()
- ☐ 1 cup baby spinach leaves fresh loosely packed ()
- ☐ 0.3 cup chervil leaves fresh loosely packed ()
- ☐ 0.3 cup inch pieces chives fresh loosely packed ()
- ☐ 8 servings coarse kosher salt
- ☐ 20 ounce eggplants
- ☐ 1 cup basil leaves fresh loosely packed ()

- ☐ 1 cup mint leaves fresh loosely packed ()
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground sumac ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 7 tablespoons olive oil extra-virgin divided ()
- ☐ 1.5 cups parsley leaves fresh italian loosely packed ()
- ☐ 1 small shallots minced

## Equipment

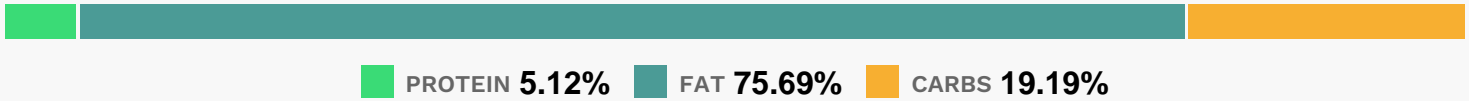
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ colander
- ☐ peeler

## Directions

- ☐ Whisk shallot, vinegar, 1/4 teaspoon sumac, and cumin in small bowl. Gradually whisk in 4 tablespoons oil. Season dressing with salt and pepper.
- ☐ Combine herbs and greens in large bowl. (Dressing and salad can be made 2 hours ahead. Cover separately and chill.)
- ☐ Using vegetable peeler, remove eggplant peel in vertical strips every 1 to 1 1/2 inches, making striped pattern.
- ☐ Cut eggplants crosswise into 1/3-inch-thick rounds.
- ☐ Place rounds in large colander.
- ☐ Sprinkle generously with kosher salt and toss to coat evenly.
- ☐ Let stand until rounds soften and release moisture, tossing occasionally, about 1 hour. Rinse rounds, 1 at a time, and press to release excess moisture. Arrange rounds in single layer on several thicknesses of paper towels. Pat dry with additional towels.

- ☐ Heat 3 tablespoons oil in large skillet over medium-high heat. Working in batches, fry eggplant until golden and soft, adding more oil by tablespoonfuls as needed, about 2 minutes per side.
- ☐ Transfer eggplant to paper towels to drain.
- ☐ Overlap eggplant rounds on platter.
- ☐ Sprinkle with pepper and more sumac, if desired. Toss herbs and greens with dressing; season to taste with salt and pepper. Mound salad atop eggplant.
- ☐ Garnish with nasturtium blossoms, if desired, and serve.
- ☐ \*A fruity and acidic seasoning powder made from ground dried sumac berries. It is available at Middle Eastern markets and by mail from Adriana's Caravan ([adrianascaravan.com](http://adrianascaravan.com)).

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:12.942608799623%

## Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 24.55mg, Apigenin: 24.55mg, Apigenin: 24.55mg, Apigenin: 24.55mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 142.65kcal (7.13%), Fat: 12.65g (19.46%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 3.81g (1.39%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 209.29mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin K: 232.58µg (221.51%), Vitamin A: 1936.23IU (38.72%), Vitamin C: 22.23mg (26.94%), Manganese: 0.37mg (18.51%), Vitamin E: 2.18mg (14.56%), Folate: 57.73µg (14.43%), Fiber: 3.4g (13.62%), Iron: 1.92mg (10.69%), Potassium: 367.73mg (10.51%), Magnesium: 29.79mg (7.45%), Calcium: 68.35mg (6.84%), Copper: 0.12mg (6.15%), Vitamin B6: 0.11mg (5.73%), Vitamin B2: 0.07mg (4.39%), Vitamin B3: 0.85mg (4.23%), Phosphorus: 41.25mg (4.12%), Vitamin B1: 0.05mg (3.67%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.3mg (3.03%)