

Roasted Eggplant and Farro Salad

Diabetes-Friendly

Serves 4 entrées

Ingredients

SALAD:

- ½ cup Farro, cooked according to package
- 1 large Eggplant, cut into 1 1/2-inch cubes
- 1 cup Pearl Onions, cleaned or 1 onion cut into large chunks
- 1 pint Cherry Tomatoes
- Salt & Pepper
- 1/4 cup Olive Oil, divided
- 2 cups Baby Kale & Spinach

1/4 cup Feta, or Ricotta Salata Cheese

DRESSING:

- 1/2 cup chopped Fresh Mint Leaves
- 2 Tablespoons White Balsamic Vinegar
- 1/4 cup Extra Virgin Olive Oil
- Salt & Pepper to Taste

Instructions

1. Preheat oven to 425 degrees F. and line two rimmed baking sheets with aluminum foil.
2. Toss the eggplant cubes, onions and cherry tomatoes with the olive oil and season with salt and pepper. Scatter on the baking sheet.
3. Roast the eggplant mixture until the eggplant has softened and starting to brown, and the onions have caramelized, about 30 minutes.
4. Place the farro in a large bowl and add the warm vegetables.
5. Whisk together the dressing ingredients, pour over the salad.
6. Toss to mix, then taste and add seasonings as needed.
7. When salad has cooled to room temperature add the greens, and gently toss.
8. Scatter the cheese on top, then serve.

4 Servings	
Nutrition Facts	
Amount Per Serving	
Calories	436
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Polyunsaturated Fat 3.4g	
Monounsaturated Fat 20g	
Cholesterol 8.3mg	3%
Sodium 143mg	6%
Total Carbohydrates 39g	14%
Dietary Fiber 9.8g	35%
Sugars 13g	
Protein 8.6g	
Vitamin D 0mcg	0%
Calcium 193mg	15%
Iron 4mg	22%
Potassium 900.1mg	19%
Caffeine 0mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

