Roasted Eggplant and Farro Salad

Diabetes-Friendly

Serves 4 entrees

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

DRESSING:

1/4 cup Feta, or Ricotta Salata Cheese
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.

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