

Spinach and Eggplant Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-eggplant-salad-recipe>

Ingredients:

- 2 handfuls fresh spinach leaves
- 1 cup cherry tomatoes halved
- 1/4 red onion sliced thin
- shredded mozzarella cheese
- 3 slices eggplant Baked Breaded, warmed in oven or toaster oven and cut in strips
- Kalamata olives optional
- red wine vinaigrette Simple, recipe below
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon dijon
- 1 pinch dried oregano
- 1 pinch salt and fresh ground pepper

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 4 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 90 milligrams
8. Sugar: 3 grams

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