

Roasted Eggplant Salad

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-capon-recipe>

Ingredients:

- 1 eggplant
- 1 teaspoon extra virgin olive oil
- salt to taste, for eggplant
- black pepper to taste, for eggplant
- 1/4 cup plain Greek yogurt
- 1/8 teaspoon garlic powder
- 1 dash cayenne
- salt to taste, for yogurt
- black pepper to taste, for yogurt
- 2 tablespoons Tahini
- 2 tablespoons cold water
- 1/2 lemon juiced
- 1/4 teaspoon cumin
- 1/4 teaspoon honey
- salt to taste, for tahini
- black pepper to taste, for tahini
- 1/4 cup cherry tomatoes halved
- 3 tablespoons crumbled feta cheese
- 1 tablespoon pine nuts toasted
- 4 mint leaves minced
- hot sauce to taste, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 15 milligrams
4. Fat: 17 grams
5. Fiber: 15 grams
6. Protein: 11 grams

7. SaturatedFat: 4.5 grams
 8. Sodium: 1490 milligrams
 9. Sugar: 9 grams
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