



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

GRILLED EGGPLANT WITH FETA & BASIL

Recipe by Natural Gourmet Institute
GMKT Eggplant Week

SERVES 6-8

Ingredients:

*1 large eggplant
3 tablespoons extra virgin olive oil
½ teaspoon sea salt
½ red onion, finely diced
*1 ounce feta cheese, crumbled
*1 ounce basil, sliced into ribbons

For the vinaigrette:

3 tablespoons white wine vinegar
1 tablespoon Dijon mustard
*1 teaspoon honey
½ teaspoon sea salt
Pinch black pepper
½ cup extra virgin olive oil

**Ingredients available seasonally at your neighborhood Greenmarket*

Directions:

1. Heat grill over a high flame.
2. Prep the eggplant: Trim off and discard the top and bottom of the eggplant. Using a peeler, peel off thick vertical strips of skin all the way around the eggplant, giving the eggplant a striped pattern. Slice eggplant crosswise into ½-inch thick rounds.
3. Brush eggplant with olive oil and sprinkle with salt on both sides.
4. Grill eggplant until grill marks appear on the bottom, 3-4 minutes. Flip eggplant and repeat on other side.
5. Transfer eggplant to a bowl and cover with a plate; let stand for 15 minutes to steam.
6. To make vinaigrette, whisk together vinegar, mustard, honey, sea salt and black pepper. Slowly stream in olive oil while whisking.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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7. Dice eggplant into cubes and combine in a bowl with red onion, feta and basil. Toss with vinaigrette and serve.



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