



Roasted Eggplant Grain Salad with Mustard Tahini Dressing

Ingredients:

- 1 medium eggplant
- 2 cups grape tomatoes, sliced (about 1 pint)
- Olive oil
- Salt and pepper
- 1 tablespoon lemon juice
- $\frac{3}{4}$ cup crumbled feta cheese
- 6 to 8 cups spinach or kale
- 1 package Nature's Earthly Choice™ Microwavable Seven Grains

Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Cut the eggplant into 1-inch cubes and toss with olive oil and lemon juice. Season with salt and pepper. Transfer to a greased baking sheet.
2. Roast for 25 minutes. Toss the eggplant and add the tomatoes. Return to the oven for another 15 minutes.
3. Meanwhile, in a large pan over medium heat, combine spinach and olive oil. Cook until wilted, about 3 to 5 minutes. Squeeze the pouch of grains to separate and add to the pan. Cook until heated through. Toss with the feta, roasted eggplant, and tomatoes.
4. To make the dressing, mix all the ingredients except water. Once combined, slowly mix in water until it reaches your ideal consistency. (You might need more than $\frac{1}{3}$ cup). Drizzle on top of the salad and serve.

Mustard Tahini Dressing

- $\frac{1}{3}$ cup tahini
- 2 tablespoons yellow mustard
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil
- 1 teaspoon maple syrup
- $\frac{1}{3}$ cup water (or more)