

RATATOUILLE - GRILLED VEGETABLE DISH

INGREDIENTS

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

DIRECTIONS

- In a 4-quart saucepan, heat olive oil over medium heat.
- Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes.
- Add eggplant; stir until coated with oil.
- Add peppers; stir to combine.
- Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.
- Add tomatoes, zucchini, and herbs; mix well.
- Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft



STRAWBERRIES & AVOCADO SPINACH SALAD

INGREDIENTS

- 1 bag or 2 bunches fresh torn spinach or baby spinach
- 1/2 to 1 cup cleaned and sliced strawberries
- 1/2 cup pecan/walnut/pinenut halves or pieces, lightly toasted
- 2 to 3 ounces goat cheese or blue cheese, crumbled, optional
- 1/2 avocado, diced

DRESSING

- 1/4 cup olive or walnut oil salad oil
- 4 tablespoons balsamic vinegar
- 1/4 teaspoon dried tarragon
- 1/8 teaspoon each onion and garlic powder or fresh garlic
- dash dry mustard
- salt & pepper to taste

DIRECTIONS

- Toss spinach with sliced strawberries, pecans, avocado and cheese, if using.
- Combine dressing ingredients in a jar; shake until well blended. When ready to serve, drizzle dressing over the salad and toss lightly.

