



ROASTED KALE, MUSHROOM & EGGPLANT WITH BALSAMIC VINAIGRETTE

By Dr. Cindy Tanzar
(Standard/Maintenance)

This delicious recipe is a great side dish on a cold fall or winter evening. Roasting brings out a deep flavor in all the vegetables as the balsamic vinegar cuts through the richness, balancing the flavors. You can serve it as a warm salad at your holiday table or just as a side dish. On maintenance or for a special event, you can enjoy the addition of goat or feta to make it even more delicious.

Makes 12-14 servings. One serving equals one cup cooked vegetable and covers your vegetable and fat for one meal.



INGREDIENTS

- 3-4 Tbsp avocado oil, divided
- 1 large eggplant, diced into 1 medium-sized cubes
- 1 8-oz package cremini or white mushrooms, sliced
- 1 bunch organic kale leaves, roughly chopped



1/2 cup walnuts, toasted and chopped roughly
4 sprigs fresh thyme, leaves removed (optional)
Pink Himalayan salt & freshly-ground pepper, to taste
1/4 cup goat or feta cheese (maintenance only)

DRESSING

3 cloves garlic, crushed and chopped
4 Tbsp organic balsamic vinegar (one without sugar and preservatives, like organic Pompeian Balsamic Vinegar found at most stores)
2 Tbsp extra virgin olive oil
1 tsp. either Swerve, or 2-4 drops liquid stevia
1/4 tsp. crushed red pepper flakes, if desired

INSTRUCTIONS

Preheat the oven to 425°F. Line two baking sheets with either parchment paper, well-greased foil or use baking stoneware pans (like Pampered Chef).

Place the eggplant and mushrooms onto one sheet and toss with 2-3 Tbsp of avocado oil, salt & pepper (just use enough to coat, eggplant and mushrooms tend to soak up oil quickly).

Roughly chop the kale leaves and place onto the 2nd baking sheet, tossing with 1-2 Tbsp of avocado oil, sea salt & pepper.

Roast eggplant and mushrooms 20-25 minutes, stirring after 15 minutes. Vegetables should be nicely browned and tender.

Add the kale after stirring the eggplant the first time. Roast about 10 minutes until crispy, but not burned. Watch carefully.

Dressing

While vegetables are roasting, in a small saucepan, add the garlic, balsamic vinegar, oil and sweetener. Heat on low until thickened (about 10 minutes) and set aside.



In a large bowl combine roasted vegetables, walnuts, thyme and *cheese (maintenance)*. Gently stir in half the dressing, taste and add more to your liking. If you have any leftover vinaigrette, it would be great on other vegetables, as well.