



## *Florence Artichoke and Roasted Eggplant Salad*

Preparation Time: 10 mins

Cooking Time: 35 mins

Serves: 4

Difficulty: Easy

### INGREDIENTS

14.5 oz jar grilled marinated artichokes, drained  
341 gm/12oz cherry tomatoes, halved  
Can of garbanzo beans, drained & rinsed  
½ red onion thinly sliced  
½ cup roasted red peppers/capsicum  
½ cup roasted eggplant  
Several fresh sprigs of thyme  
Optional Add

- English Cucumber
- Baby Spinach Leaves
- Fennel (sliced)

### Dressing

3 tablespoons white wine vinegar  
1 tablespoon balsamic vinegar  
1/3 cup olive oil  
½ teaspoon garlic powder or fresh minced garlic  
2 tablespoons maple syrup  
2 tablespoons fresh basil chopped  
2 teaspoons fresh oregano chopped  
Salt and pepper

### DIRECTIONS

1. In a serving dish, add all the salad ingredients, except the dressing.
2. In a medium size bowl add all the dressing ingredients, whisking until combined.
3. Pour over salad and toss until coated.

### Roasting Eggplant

1. Preheat oven to 450f/240c
2. Cut eggplant into 1.5" cubes
3. In a bowl, toss the eggplant in sea salt and olive oil.
4. Place on an oven proof tray lined with parchment paper and sprinkle with fresh thyme.
5. Cook for approximately 30-35 mins

Note: Fresh thyme makes the eggplant taste buttery