

1. Roasted Vegetable Salad with Black Pepper Balsamic Vinaigrette, 4 servings

Tender roasted vegetables are balanced by crisp baby greens with a low-fat pepper vinaigrette for a full-flavor salad that's filling yet light.

INGREDIENTS

- 2 tbsp coconut oil
- ½ lb purple potatoes cut into ½ in slices
- 1-2 garlic cloves, minced
- 1 sprig rosemary, cut in half
- 2 med zucchinis, cut in ½ inch cubes
- ½ medium eggplant, peeled, cut into ½ inch cubes
- 8-12 c mixed baby greens
- salt and pepper

DIRECTIONS

1. Roast the vegetables first. Preheat the oven to 400°F with a large roasting pan inside. Once the pan is hot, remove it from the oven and spread the coconut oil across the bottom. Toss together the potatoes, garlic, and rosemary in the pan, dressing well with the oil. Spread into a single, flat layer and put into the oven for 10 minutes. Remove from the oven and add the zucchini, tossing to combine, then spread back into an even layer. Return the pan to the oven for another 5 minutes. Add the eggplant, season with salt and pepper, and toss again before finishing the roasting for 15 more minutes. Once fully cooked, let the roasted vegetable cool to room temperature before assembling the salad. Remove and discard the rosemary spring.
2. To serve, gently toss the baby greens with half of the **Black Pepper Balsamic Vinaigrette** in a large bowl, and arrange on serving plates. Top with a generous mound of roasted vegetables and drizzle the plate with a little additional dressing.

Black Balsamic Vinaigrette, makes slightly more than ½ cup

Ingredients

- 2 tbsp balsamic vinegar
- 2 tbsp EFA oil
- ¼ cup apple juice
- 1 tbsp cracked pepper
- ¼ tsp garlic powder
- 1 tsp Dijon mustard
- 1 tsp kelp powder

Directions

- 1, Mix all the vinaigrette ingredients.