

ZONE DIET RECIPES



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Eggplant Salad

282 CALORIES

26g FAT

1 SERVING

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RECIPE NOTES

INGREDIENTS

1	Eggplant - (large)	2 tbsps	Fresh parsley -
3 oz	Low-fat feta - crumbled	chopped to taste	
2	medium Tomatoes -	2 tsps	Salt and pepper
1 clove	Garlic - chopped/minced		Dried oregano - or 2 tablespoons fresh, chopped

INSTRUCTIONS

1. Pierce eggplant with fork.
2. Place on grill pan (medium high) or on an outside grill and cook for 15 to 20 minutes turning frequently. Eggplant will become soft and "deflated." Set aside to cool.
3. Cut eggplant in half and with a spoon and remove most of the seeds. Coarsely chop the eggplant.
4. In a food processor add chopped eggplant, tomatoes, garlic, parsley, salt and pepper.
5. Pulse a few times to evenly mix all ingredients, giving the salad a coarse texture. If you prefer it smooth and creamy, blend for 45 to 60 seconds.
6. Plate salad and top with feta cheese.

NUTRITIONAL FACTS PER SERVING: 1 SERVING

Calories 382cal; Protein 26g; Total Fat 13g; Carb. 51g; Fiber 25g.



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