

Grilled Mediterranean Vegetables with White Beans

A Mediterranean-diet inspired side dish or light meal, also great use for zucchini.

Servings: 4

Ingredients

- 1 small eggplant
- sea salt
- 1 small zucchini
- 1 medium sweet pepper
- 1 small onion
- 1 tablespoon olive oil
- 1 teaspoon Italian herb seasoning mix
- 1/4 teaspoon fresh ground pepper
- 1 15 ounce can white beans drained and rinsed
- 1/4 cup fresh parsley roughly chopped
- 1/4 cup fresh basil roughly chopped



Dressing

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1 teaspoon honey
- 1 clove garlic minced
- salt and pepper to taste

Instructions

1. Slice the stem and bottom ends off of the eggplant, and peel if desired. Slice the eggplant into long planks, about 1/2 inch thick. Sprinkle the eggplant with sea salt, toss well, and let it sit in a colander for about 15 minutes.
2. Heat the grill to medium-high and oil the grates.
3. While the eggplant is resting, prepare the dressing by mixing together the olive oil, balsamic vinegar, Dijon mustard, honey, garlic, and a pinch of salt and pepper in a small jar. Whisk or shake well to combine and set aside.
4. Slice the zucchini in half lengthwise. Slice the pepper in half or thirds lengthwise, and remove the core and seeds. Slice the onion into round thirds.

5. Place all of the vegetables (including the eggplant) in a large mixing bowl. Drizzle with the 1 tablespoon of olive oil. Sprinkle the Italian seasoning and ground pepper over the vegetables, and using your hands or tongs, lightly toss the vegetables to coat with oil and Italian seasoning.
6. Lay the vegetables on the grill and grill for about 5 minutes or until lightly charred in spots. Flip and cook on the second side for about 2 more minutes. Remove from the grill and place the vegetables back in the mixing bowl.
7. Let the vegetables cool for about 5 minutes. Chop them into bite-sized pieces and return them to the bowl.
8. Add the beans, fresh parsley and basil, and pour the dressing over everything. Toss well to combine. Taste and adjust seasonings as needed.
9. Serve warm or at room temperature. Store any leftovers in the refrigerator. They can be enjoyed cold the next day.

Source- Cravingsomethinghealthy.com