

## Eggplant, Tomato & Mozzarella Flatbread Salad



### Makes:

4 servings as a main dish

### Utensil:

Saladmaster Food Processor  
11" Square Griddle  
medium mixing bowl  
7" Santoku Knife

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### Recipe:

### Contributed By:

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### Recipe Description:

Eggplant cooks quickly on the Saladmaster Square Griddle without the use of any oil. This easy to prepare recipe makes an elegant lunch or brunch style entrée.

1 medium  
eggplant (approximately 1½ pounds), peeled and sliced into ½ -inch rounds  
2 tomatoes, fresh, medium dice  
4 ounces  
baby arugula or mixed salad greens  
(113 g)  
4 ounces  
shredded mozzarella cheese  
(113 g)  
4 whole grain pita bread pockets, or flatbread of choice  
shaved pecorino Romano cheese, for garnish (optional)

### Dressing

2  
tablespoons olive oil (30 mL) 2  
tablespoons balsamic (30 mL) ½  
vinegar 1  
teaspoon yellow mustard (2 g) ¾  
clove garlic, shredded, use Cone #1  
teaspoon natural salt (4 g) 2  
fresh ground pepper  
tablespoons basil leaves, fresh, minced (5 g) **Directions:**

1. Season eggplant slices with salt, to taste. Place in a colander and let rest for approximately 20 - 30 minutes.

2. Place all dressing ingredients in a small jar, cover with lid and shake vigorously to combine. Set aside.
3. Preheat griddle over medium heat. When several drops of water sprinkled on griddle skitter and dissipate, approximately 5 - 7 minutes, add eggplant and cook for 3 - 4 minutes until browned and softened. Turn eggplant and cook for an additional 3 - 4 minutes. Remove griddle from heat.
4. When eggplant is cool enough to handle, but into medium dice and place in a bowl.
5. Add chopped tomatoes and pour dressing over top. Toss to combine.
6. Clean griddle and reheat over medium heat. Toast pita bread for 3 minutes, turn over and place 1 ounce mozzarella on top. Cook for an additional 3 - 4 minutes, until mozzarella is slightly melted.
7. To serve, place warmed pita bread with mozzarella on plate. Top with ¼ of salad greens and then with ¼ of eggplant mixture. Garnish with shaved pecorino Romano cheese.

#### Tips:

- Substitute pita bread pockets for your favorite flatbread or gluten-free wrap.
- Substitute dressing for 4 tablespoons of bottle Italian style dressing.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 358

**Total Fat:** 14g

**Saturated Fat:** 4g

**Cholesterol:** 18mg

**Sodium:** 975mg

**Total** 48g

**Carbs:**

**Dietary Fiber:** 10g

**Sugar:** 7g

**Protein:** 16g

Nutritional analysis does not include shaved pecorino Romano cheese