

Grilled Vegetables with Lemon and Herbs

From – From Asparagus to Zucchini

1 large eggplant (or 2 Asian)
sea salt
4 summer squash
1 bell pepper
2/3 cup olive oil (divided)
1 clove garlic (peeled)
3 Tbsp fresh lemon juice
½ cup chopped fresh herbs (basil, marjoram, thyme, chives, flatleaf parsley or any combo of the 5)
freshly ground pepper to taste

- Cut eggplant into 1/3” thick slices. (If using Asian eggplant, cut in half lengthwise and score flesh about 1/4” deep in crisscross pattern with a knife.)
- Sprinkle eggplant with 1 tsp salt and let drain in a colander 30 minutes.
- Pat dry with paper towels.
- Meanwhile, preheat grill to medium heat.
- Cut summer squash lengthwise into 1/4” slices.
- Cut peppers in half and remove seeds and stems.
- Grill peppers, skin side down.
- When skins have blackened and blistered, put peppers in a paper or plastic bag and close it.
- Allow peppers to cool, then slip off their skins with your fingers.
- Brush zucchini and eggplant with 1/3 cup olive oil.
- Grill in batches, about 5 minutes on each side.
- Arrange cooked vegetables on a platter with peppers.
- Chop garlic and, mash with ½ tsp salt.
- Place mixture in a small bowl.
- Add lemon juice, then mix in remaining 1/3 cup olive oil
- Drizzle vegetables with dressing. Sprinkle with herbs and salt & pepper to taste.
- Cover with a sheet of foil and set aside until ready to serve.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com