

Grilled Eggplant and Tomato Salad

This simple and flavorful recipe makes good use of the fresh vegetables and summer herbs.

- 1 medium eggplant
- 1 sweet pepper
- 3 cloves of garlic, peeled
- 3 tablespoons olive oil
- 1 large fresh garden tomato
- 1/4 cup marinated kalamata olives, pitted and halved
- 2 sprigs fresh oregano, chopped
- 3 sprigs fresh basil, chopped
- 4 ounces fresh or smoked mozzarella, diced
- sea salt, to taste
- ground black pepper, to taste

Slice the eggplant into one-half inch thick rounds, brush each with olive oil on both sides, and sprinkle with salt.

Bring your grill to a medium heat. Grill the whole pepper on all sides. Grill the eggplant slices over medium heat on both sides, until cooked all the way through, about 5 minutes per side.

Oil the garlic cloves and wrap them in aluminum foil before roasting them on the grill until soft and aromatic, about 15 minutes. Allow the pepper, eggplant, and garlic to cool.

Dice the eggplant, seed and dice the pepper, and slice the tomato into wedges. Gently toss the vegetables with the remaining ingredients, and season to taste.

Note: The vegetables can be roasted in the oven if preferred. Oil and salt each piece, spread on a lined sheet pan, and roast at 350°F for approximately 25 minutes (or until soft).

Roasted Corn and Tomato Pasta Salad

- 4 ears raw corn, shucked and kernels cut off
- 6 medium tomatoes, coarsely chopped
- 2 garlic cloves, finely minced
- 2 cups chopped spinach
- 1 cup Blue Cheese Crumbles
- 1/2 pound Penne or Fusilli pasta
- juice of 1 lemon
- 1/4 cup organic extra virgin olive oil
- 1/2 cup toasted pumpkin seeds or walnuts
- sea salt, to taste
- ground pepper, to taste

In a medium skillet, dry-roast corn over medium heat, stirring frequently, until lightly browned in spots, about 5 minutes. Place in a large mixing bowl with tomatoes, garlic, spinach and blue cheese. Cook pasta according to package directions and drain thoroughly. Add hot pasta to bowl and stir to wilt spinach and blend ingredients. Drizzle with lemon juice and olive oil. Toss with toasted pumpkin seeds and season.