



## Roasted Onion & Eggplant Dip

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 4

Cost per serving: \$1.63

### Ingredients:

1 medium	Eggplant, large rough chop
1 large	Red Onion, large rough chop
1 head	Garlic
¼ cup	Mint, roughly chopped
2 tbsp	Balsamic Vinegar
1 tsp	Cumin Seed
2 tbsp	Olive Oil
To Taste	Sea Salt & Black Pepper (optional)

### Method:

1. Preheat the oven to 400 degrees F.
2. Add the eggplant, red onion and head of garlic on a roasting tray lined with parchment. Toss with balsamic vinegar, olive oil and cumin.
3. Roast for about 30 minutes, or until the vegetables are soft and caramelized
4. Remove the skins of the garlic and push out the soft cloves. Add those with the other roasted vegetables in a food processor and lightly pulse. Or you can roughly chop everything by hand and have a slightly chunkier texture.
5. Add everything to a bowl and stir in the fresh mint and a little extra olive oil. Season to taste. Serve with toasted pita or vegetables



## Grilled Niçoise Summer Salad

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 4

Cost per serving: \$3.97

### Ingredients:

1 5oz filet Trout or Tuna (or use your favorite fish)  
1 Peppers, core removed, quartered  
1 Zucchini, halved  
1 Onion, thick ½ inch slices  
1 Small Eggplant, thick ½ inch slices  
2 cups Bibb Lettuce

### Citrus Herb Dressing:

1/2 cup Herbs (Any of Dill, Tarragon, Basil, Cilantro, Mint, Parsley etc.)  
4 tbsp Olive Oil  
2 tbsp Lime/Lime Juice  
1 tsp Dijon  
3 tbsp Niçoise Olives, pitted and chopped (optional)

### Method:

1. Preheat your BBQ to medium or set a grill pan over your stove to heat up.
2. Add your peppers, zucchini, onion, eggplant (any veggies) to the grill and cook about 2-3 minutes until softened. Let the veggies cool and then roughly chop them up.
3. You want to limit direct flame contact with your fish, so to safely cook, wrap it in foil and onto the grill, or place it on a pan or plank on the grill side with no flame and close the lid to cook through. It should flake apart easily when done.
4. Whisk all the ingredients for the dressing well and set aside, season to taste.
5. To finish, on a large platter, lay out your lettuce leaves. Toss your grilled veggies in some of the dressing, lay over top. And then flake your cooked fish over top the veggies. Spoon over some more dressing and serve.



## Refreshing Strawberry Mango Lassi

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Cost per serving: \$1.60

### Ingredients:

1 cup	Frozen Strawberry
1 cup	Frozen Mango
½ cup	Coconut Yogurt or Plain Greek Yogurt
½ tsp	Ground Cardamom
½	Lime, juice
½ cup	Water

### Method:

1. Add everything in a blender and blend until smooth.
2. Adjust with more frozen fruit or more water for desired consistency.