

Recipe

Grilled Eggplant and Asparagus Salad

Recipe yields 4 servings

Ingredients

- 32 asparagus spears, trimmed
- 2 small Italian eggplants, cut into 1/2-inch thick spears
- 4 medium tomatoes, sliced
- ½ teaspoon salt, or as needed
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 pinch salt and ground black pepper to taste
- 6 cups chopped romaine lettuce
- 2 cups chopped endive
- 2 tablespoons shredded Parmesan cheese, or more to taste

Directions

Step 1

Lightly oil the grill and preheat for medium heat.

Step 2

Toss asparagus, eggplant, and tomatoes with about 1/2 teaspoon salt.

Step 3

Arrange vegetables on the preheated grill; cook until tender, 5 to 7 minutes per side.

Step 4

Stir vinegar and olive oil in a bowl until smooth; season to taste with salt and black pepper. Toss romaine, endive, and dressing together in a large bowl.

Step 5

Serve grilled vegetables atop the dressed lettuce mixture; sprinkle with Parmesan cheese.

Recipe source: <https://www.allrecipes.com/recipe/223370/grilled-eggplant-and-asparagus-salad/>



VEGETABLE SCRAMBLE CHALLENGE!



Match the vegetables to the poster! Enter the name of each vegetable on the answer sheet inside.

Vegetables in this challenge include:

Asparagus	Radish
Brussel Sprouts	Rutabaga
Cabbage	Turnip
Eggplant	Zucchini
Kohlrabi	

Write the name of the vegetable on the line below
the description!

Containing a good amount of potassium, this summer squash
can be used as a substitute for pasta, even pasta shaped as zoo
animals, and dates back to 5500 B.C.

A root vegetable, this nutritious food is an excellent source of
fiber and is a cross between a cabbage and a turnip.

A good source of soluble fiber, this vegetable comes in a variety
of shapes and colors and has a lot of vitamins and minerals. A
doll was even named after a patch of this veggie!

Also known as an aubergine, this vegetable provides many
vitamins, minerals, and phytonutrients and belongs to the
nightshade family of vegetables.

A crunchy, colorful root vegetable, most often red, each of these
contains one calorie, no fat, and no carbs--and that's kind of
cool!

This bulbous-shaped vegetable supports a healthy immune
system and is an excellent source of vitamin C.

High in fiber, vitamin K, and vitamin C, this vegetable may have
gotten its name from a city in Belgium.

This vegetable, which always turns up somewhere, is a cousin of
broccoli, contains dietary nitrates, and one cup contains 14.3 mg
of calcium.

This vegetable is high in folate and vitamin K and is a member
of the lily family.

