



Eggplant and Zucchini Boats with Tomato and Feta

Serves 6

Ingredients:

- 2 eggplant
- 1 zucchini
- ¼ cup olive oil
- Salt and pepper to taste
- ½ cup water
- 1 pint cherry tomatoes, halved
- 3 green onions or scallions, sliced
- ½ cup feta cheese (or your favorite cheese)
- 8 mint leaves
- 8 basil leaves
- 1 lemon
- ½ cup breadcrumbs, any type

Preparation:

1. Add 2 Tbsp. of olive oil to a skillet and heat on Medium. (This can also be done on the grill)
2. Cut the stem of the zucchini off. Cut the zucchini in half lengthwise. Brush with extra virgin olive oil on both sides and sprinkle both sides with salt and pepper. Repeat this process with the eggplant, making sure to score some slits on both sides.
3. When pan is hot, place zucchini, flesh -side down, on the skillet. Sear for 3-5 minutes or until soft and nicely browned, then turn it on its back side and sear for another 3-5 minutes until this side is also soft and gains some color. Set aside to cool.
4. Place the eggplant in skillet flesh-side down and sear for 3-5 mins. Flip eggplant over in pan, carefully add ½ cup of water to the skillet, and cover with a lid to steam for 5 minutes or until all liquid has evaporated. Set aside to cool.
5. Lower heat to low. Combine breadcrumbs and 2 Tbsp. of olive oil in pan. Constantly stir breadcrumbs for a minute or two, or until they are golden brown.
6. While zucchini and eggplant are cooling, chop the tomatoes, green onions, mint, and basil, and add to a mixing bowl.



7. Add feta cheese. Zest whole lemon into the bowl. Cut lemon in half, and squeeze a couple pumps of lemon juice into the bowl as well. Drizzle a little extra olive oil and mix.
8. To make the boats, use a spoon to lightly scoop out the flesh of the zucchini and eggplant. Chop flesh, and add to the mixing bowl. Mix everything together.
9. Spoon the filling mixture into the prepared boats with a slotted spoon. Top with toasted breadcrumbs.



Greens with Fennel and Shallot Vinaigrette

Serves 6

Ingredients:

For the Salad:

- 1 bulb of Fennel, thinly sliced
- 1-2 Carrots, shaved with a peeler
- Salad greens, chopped, to make 5 cups

For the Vinaigrette:

- 1-2 shallots, finely minced
- 2 Tbsp vinegar, any type
- 1 Tbsp lemon juice
- 2 tsp honey
- 2 tsp dijon mustard
- ¼ cup olive oil
- Salt and pepper to taste

Preparation:

1. To make the dressing, combine shallots, vinegar and lemon juice in a small bowl. Whisk in the honey and dijon mustard. Slowly add the olive oil, whisking constantly, until the mixture is emulsified. Season to taste with salt and pepper.
2. Meanwhile, combine the fennel, carrots, and greens in a large bowl. Pour the dressing over the salad and toss to combine. Season to taste with salt and pepper and serve.