



Eggplant Salad With Peppers, Mint and Caper-Feta Vinaigrette

(/recipes/11890-eggplant-salad-with-peppers-mint-and-caper-feta-vinaigrette)

By Melissa Clark | Yield: 4 to 6 servings |

Ingredients

½ cup extra virgin olive oil
 3 tablespoons freshly squeezed lemon juice
 ¾ teaspoon kosher salt
 ½ teaspoon freshly ground black pepper
 1 ¾ pounds eggplant (any kind, or a mixture), trimmed and cut into 1-inch chunks
 3 ounces feta cheese, crumbled (about 2/3 cup)
 1 clove garlic, minced
 1 tablespoon capers, chopped
 1 pound mixed bell peppers, seeded and cut into 1-inch pieces
 1 cup cherry tomatoes, halved
 ¼ cup fresh mint leaves

Preparation

1. Preheat oven to 425 degrees. Whisk together the oil, lemon juice, salt and pepper.
2. Toss eggplant with 1/3 cup vinaigrette, reserving the rest. Arrange on a baking sheet. Bake, tossing occasionally, until tender and golden around edges, about 30 minutes. Let eggplant cool somewhat. (It can be warm but not hot enough to melt feta or wilt mint.)
3. Whisk feta, garlic and capers into reserved vinaigrette. In a large bowl, combine eggplant, peppers, tomatoes and mint leaves. Toss with vinaigrette, and serve immediately or within several hours. (It holds up all day.)

Nutritional Information

Nutritional analysis per serving (4 servings)

392 calories; 32 grams fat; 7 grams saturated fat; 20 grams monounsaturated fat; 3 grams polyunsaturated fat; 22 grams carbohydrates; 9 grams dietary fiber; 13 grams sugars; 6 grams protein; 18 milligrams cholesterol; 693 milligrams sodium

Note: Nutrient information is not available for all ingredients. Amount is based on available data.

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