

# Eggplant Salad

This delicious salad according to a simple recipe will appeal to all eggplant lovers. My mom used to make this salad in summer and it tastes great when topped the gluten-free toast or regular rye bread.

I must say that the proportions in this salad are not so important. You can add a little bit more or less of each ingredient. Put your favorite fresh herbs too (I have parsley, but it will be great with basil and dill).



Ingredients:

- 2 medium Eggplants
- 1 medium white onion
- 2-4 medium Tomatoes
- 9 cloves of Garlic
- Dill to taste
- Parsley to taste
- Salt to taste
- Ground black pepper to taste
- Vegetable oil to taste



#### Directions:

- Cut the eggplant into cubes, add salt and set aside for half an hour. Then rinse under running water. Peel and finely chop the onion.
- 2. Pour 1-2 tablespoons of avocado oil into the pan, add the onion, sprinkle it with salt, and saute until light

golden brown. Add eggplant and simmer under the lid over low heat until cooked.

- 3. Put the stewed eggplant with onions in a salad bowl, and add diced tomatoes, chopped herbs, chopped garlic, salt, and vinegar. Mix well, cool.