

Grilled Eggplant Salad with Tahini Dressing

Hands-on 15 minutes Overall 15-20 minutes

Nutritional values (per serving): Total carbs: 11.8 g, Fiber: 5.2 g, **Net carbs: 6.6 g,**

Protein: 4.3 g, Fat: 13.5 g, Calories: 172 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Marinade:

2 tbsp [extra virgin olive oil](#) or [ghee](#) (30 ml)

1 clove garlic, minced

1/2 tsp dried Italian herbs

Dressing:

6 tbsp [tahini](#) sesame paste (96 g/ 3.4 oz)

2 tsp lemon juice

2 tsp [Erythritol](#) or [Swerve](#)

water as required

Optional: salt and pepper if required

Salad:

1 large or 2 medium eggplants (550 g/ 1.2 lb)

250 g roasted red peppers, drained (8.8 oz)

2 cups kale, sliced (100 g/ 3.5 oz)

2 tbsp chopped parsley

Instructions

1. Mix all of the ingredients to make the dressing and set aside.
2. Combine the marinade ingredients into a small bowl and place a grill pan over high heat.
3. Using a mandolin or sharp knife, thinly slice the eggplant.
4. Lay the slices out and brush with the marinade before placing them in the grill pan to cook.
5. Keep a close eye on them as they will burn very easily. Repeat with all of the slices until the eggplant is cooked. Remove the eggplant onto a plate and sit to one side.
6. Place the chopped kale into the hot pan and toss in the residual heat until wilted.

7. Layer the kale, roasted peppers and eggplant on a serving platter and top with parsley.
8. Combine all of the drizzle ingredients together and thin with water to your desired consistency.
9. Drizzle over the warm salad. Store in a covered container in the fridge for up to 1 week.

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