

Directions

Cut eggplant in half, making deep cross hatches on the open side. Sprinkle with salt, opening the cross hatching to make sure salt falls in. Wait twenty minutes, squeeze juice into sink.

Put herbs onion and garlic on parchment paper on a pan. Drizzle olive oil on the parchment and the cut side of the eggplant. Place cutside down on the herbs and onion/garlic. Bake at 400 F for 25-30 minutes or until the eggplant deflates. Allow to cool and scoop inner pulp into a blender with the herbs, onion and garlic. Discard the skin. Puree with lemon juice and more salt and pepper to taste. Service with veggie dippers or good bread.

Recipe by Carlene Thomas RDN, LD
www.healthfullyeverafter.co

Directions

Add ingredients to a blender and blend until absolutely smooth.

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Directions

To make the dressing, add dressing ingredients to a cup/bowl and whisk vigorously or use an immersion blender. Add a layer of dressing to the plate and add cubed watermelon, onion, feta, basil and jalapeño.

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Directions

Remove top of peppers and de-seed. Cut in half and create slits so the pepper will lay flat on the roasting pan. Top with olive oil. Slice lemons thinly and place on same roasting pan. Slice garlic thinly and top with olive oil. Roast at 350 F until the lemons begin to brown and peppers start to soften and the garlic begins to crisp. Switch oven to broil until peppers begin to blacken.

Layer each cracker with crumbled feta, lemon, pepper, herbs and garlic chip.

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