

## **Recipe for Himalayan Salt & Organic Black Pepper**

### **Sautéed Zucchini & Eggplant**

This dish is a great side dish or Main Vegetarian Dish. It is simple and straightforward and allows the natural flavors to shine.

#### **Ingredients:**

1 Zucchini (diced 1" cubes or sliced into thick pieces)

1 Japanese Eggplant (diced or sliced into thick pieces)

Half Onion (diced)

Extra Virgin Olive Oil

Himalayn Salt

Bridgewood Fresh Organic Ground Pepper

#### **Directions:**

Heat Extra Virgin Olive Oil on medium high heat. Add the diced Zucchini. Let caramelize for about 2-3 minutes. Do not mix often because you need to allow the zucchini to caramelize. Add diced/sliced Eggplant.

Allow to caramelize for about 2-3 mintues, then add the diced onion to sauté. Once the vegetables have enough searing, sprinkle Sherpa Pink Himalayan Salt and Bridgewood fresh organic ground pepper. Enjoy!