

Recipe by Julia Heffelfinger

Grilled Fattoush with Sunflower Seed Dukkah

Serves 4

Fattoush is a fantastically crunchy Middle Eastern salad that involves tossing fried pieces of flatbread with vegetables and a simple dressing. Here, I translate this dish to the grill. Instead of frying, the pita bread is crisped up directly on the grate, broken into pieces and tossed with a mix of grilled and fresh vegetables. The pita soaks up the red wine vinaigrette and there is a subtle hint of smoke from the grill. The finishing touch is a toasty dukkah, or Egyptian spice blend. This one incorporates sunflower seeds for extra crunch, plus pops of toasted coriander seeds and a subtle kick from red pepper flakes. Consider doubling the recipe, you'll want to sprinkle it on everything from roasted vegetables to your morning eggs. One other thing to note: You will need skewers for the tomatoes. If you're using wood skewers, soak them in water for at least 1 hour beforehand, otherwise they might ignite on the grill.

Vinaigrette

¼ cup red wine vinegar
1 teaspoon dried oregano
1 teaspoon light agave syrup
Kosher salt and pepper
3 Tablespoons canola or grapeseed oil
2 Tablespoons extra-virgin olive oil

Dukkah

2 Tablespoons toasted sesame seeds
2 Tablespoons roasted and salted shelled sunflower seeds
1 Tablespoon toasted coriander seeds, lightly crushed
2 teaspoons flaky sea salt
½ teaspoon crushed red pepper

Salad

2 cups cherry tomatoes
¼ cup extra-virgin olive oil
Kosher salt and pepper
1 large head romaine, halved lengthwise
1 pound small eggplants, preferably Fairy Tale, halved lengthwise
1 whole wheat pita, split
5 large radishes, cut into ¼ inch wedges
2 Persian cucumbers, chopped
¼ medium red onion, thinly sliced
1 cup loosely packed torn mixed herbs, such as small dill sprigs, mint leaves and Italian parsley leaves
½ cup pitted Castelvetrano olives, torn

1. Make the vinaigrette In a small bowl, whisk the vinegar with the oregano, agave and a generous pinch of salt and pepper. While whisking constantly, drizzle in the oils until incorporated. Season with salt and pepper.

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2. Make the dukkah In a small bowl, mix all of the ingredients.

3. Make the salad Light a grill or preheat a grill pan. In a large bowl, toss the tomatoes with 1 tablespoon of olive oil, season with salt and pepper. Skewer the tomatoes, leaving a few inches on each end for handling. Transfer to a large rimmed baking sheet. In the large bowl, gently toss the eggplant and romaine with 2 tablespoons of the olive oil and season with salt and pepper. Transfer to the baking sheet with the tomatoes. Brush both sides of the pita halves with the remaining 1 tablespoon of olive oil. Transfer to the baking sheet.

4. Grill the tomatoes and eggplant over medium-high heat, turning occasionally, until the tomatoes are charred in spots and beginning to burst and the eggplant is lightly charred and tender, about 5 minutes for the tomatoes and about 10 minutes for the eggplant. Transfer to the baking sheet. Grill the romaine and pita halves over medium-high heat, turning occasionally, until the lettuce is lightly charred on the outside, but raw within, and the pita is crisp, 3 to 5 minutes. Transfer to the baking sheet.

5. Roughly chop the grilled romaine and transfer to a large bowl. Cut the eggplant into bite-size pieces, if necessary; add to the bowl. Remove the tomatoes from the skewers and add to the bowl. Break the grilled pita into bite-size pieces and add to the salad. Add the radishes, cucumbers, red onion, herbs and olives. Drizzle with some of the vinaigrette and gently toss to coat. Sprinkle generously with the sunflower seed dukkah. Serve right away, passing more dukkah at the table.

MAKE AHEAD The vinaigrette can be refrigerated for up to 1 week in advance. The dukkah can be stored in an airtight container at room temperature for up to 2 weeks.