



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Grilled Cheesy Eggplant

Ingredients

- 1 tablespoon olive oil
- 2 baby eggplants, cut in half lengthwise
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground, black pepper
- 1/4 cup part-skim, shredded mozzarella cheese
- 1 tablespoon balsamic vinegar
- 2 teaspoons freshly grated Parmesan cheese

Directions

1. Preheat grill to medium-high.
2. Drizzle the olive oil evenly over the eggplant halves. Sprinkle eggplant evenly with garlic powder and black pepper.
3. Place eggplant halves on grill cut side down and cook for 3-4 minutes, until tender.
4. Flip over and spread mozzarella cheese evenly over eggplant halves. Grill an additional 3-4 minutes until cheese is melted.
5. Remove eggplant from grill and place side-by-side on a serving dish. Drizzle evenly with balsamic vinegar and Parmesan cheese.

Serves 4

70 calories, 5 g fat, 1 g saturated fat, 5 g carbohydrate, 1 g fiber, 2 g protein, 55 mg sodium

Source: American Diabetes Association

