



# Your Yummy Veggie Recipe!

## **Grilled Eggplant Sandwich**

### Ingredients

- 2 teaspoons olive oil
- ½ clove garlic, finely chopped
- 1 teaspoon chopped fresh basil
- Salt to taste
- Freshly ground black pepper
- 1 small eggplant
- ¼ cup low-fat whipped cream cheese OR goat cheese
- 2 pieces of focaccia or good quality bread, sliced in half, lengthwise
- ½ cup spinach or arugula, washed & dried
- 2 slices of tomato

### Directions

#### Eggplant

- Preheat grill. Mix olive oil, garlic, salt, pepper and ½ teaspoon of the basil together. Slice the eggplants lengthwise into ½” slices. Brush the slides on both sides with olive oil mixture.
- Grill eggplant slides until they become soft in the center, about 2 to 3 minutes per side.

#### Sandwiches

- Mix the cheese, remaining basil, salt and pepper together.
- Spread the halves of bread with cheese mixture, then top with spinach or arugula, a slice of tomato and a few slices of eggplant. Place the other bread slice on top – voila!

*Serves 2. Per serving (based on 10): 264 calories, 39 g carbs, 10 g fat (3 g sat.), 5 g fiber, 7 g protein*

### Eggplant Quick Facts

- Eggplants are chock-full of vitamins, minerals and phytonutrients, one of which is found in the skin and protects cells from free radicals and supports healthy cellular activity.
- This summer vegetable is a great source of fiber, potassium, and manganese.
- Eggplants are also abundant in the nutrients copper and vitamin B1.
- Magnesium, folate, and vitamins B6 and B3 are found in eggplant.
- Skin should be smooth and taut, heavy for its size. Avoid overgrown (over 5” in diameter)
- Store at cool room temperature or in fridge. Use quickly – after a few days they become unpleasantly bitter! Skins are good source of nutrition and are edible, but can be peeled.
- Important to cook eggplant thoroughly for good taste & texture. Grilling ½” slices take about 2 minutes, and baking 2 halves takes about 30 minutes. Season with basil, oregano, tomatoes, olives, peppers, and lemon juice.