



RECIPE OF THE Month

Grilled Eggplant Sandwiches



- 1 medium eggplant, cut crosswise into 4 half-inch thick slices
- 4 medium slices rustic Italian bread, half-inch thick
- Olive oil cooking spray

- 3 medium tomatoes, minced and drained
- 2 tbsp shredded Parmesan cheese
- Salt and pepper to taste

- 1 Preheat grill to medium-high. Lightly salt eggplant and let stand 10 minutes.
- 2 Place eggplant and bread slices on a heavy-duty baking sheet; lightly spray both sides with cooking oil spray
- 3 Grill eggplant until golden and soft, 2-3 minutes per side. Grill bread about 1 minute per side. Return eggplant and bread to baking sheet.
- 4 On each slice of bread layer an eggplant slice and equal portions of tomatoes and cheese.
- 5 Place baking sheet on grill, close grill lid until sandwiches are hot and cheese is melted, about 5 minutes.

MAKES 4 (open) SANDWICHES:

PER SANDWICH: 197 calories | 10g protein | 3.7g total fat | 41g carbs | 5g fiber | 397mg sodium