



# Grilled Mediterranean Eggplant

Eating all the colors of the rainbow is difficult when it comes to purple, except for sun-gorged gorgeous eggplants! A typical dish from Provence and Italy, it typifies the infamous Mediterranean diet. It's simple, yet the healthy flavors just melt in your mouth. I like its versatility: you can eat it hot or cold; vegetarian or vegan; by itself or with other grilled vegetables, a salad, or in a panini.

Prep Time	Total Time	Serves
Ten minutes	1 hour 5 minutes	Six

## Ingredients

- 3 large eggplants (or 9 small ones)
- 1 tablespoon thyme
- 1 tablespoon rosemary
- 2-3 garlic cloves
- 3 tablespoons olive oil
- 2 OZ (60 g.) grated parmesan or, if vegan version is preferred, Bragg's nutritional yeast seasoning
- Salt & pepper

## Instructions

1. Wash and dry eggplants.
2. Remove eggplants' ends.
3. Cut eggplant lengthwise in ½ " (1 cm.) thick slices.
4. Sprinkle salt over eggplant slices and leave them for 30 minutes in a colander.
5. Preheat oven to 400°F.
6. Once 30 minutes have elapsed, press eggplant slices between palms and squeeze out the water.
7. Put olive oil on top of a cookie sheet, and arrange eggplant slices next one another.
8. Sprinkle them with garlic, herbs and pepper.
9. Put sheet in the oven for 20 minutes.
10. Sprinkle eggplant with parmesan or nutritional yeast seasoning.
11. Serve piping hot, lukewarm, or cold.

## Tips

While this dish certainly can be served as a side dish, I generally serve this as a main dish with a green salad or a few tomatoes. You can also add a bit of warm tomato sauce on top, when serving. Did you know that for centuries, eggplant has been used to control diabetes and heart health? Be sure to eat the skin to get the full benefits.