

Grilled Eggplant



Serves 4

Ingredients:

- 1 small eggplant, peeled
- 2 tsp olive oil
- ¼ tsp garlic powder
- 1/8 tsp salt (optional)
- 1 tbsp grated Parmesan cheese

Procedure:

- Cut eggplant into slices.
- Brush both sides with olive oil.
- Grease a large skillet or griddle with olive oil and sprinkle with garlic powder and salt.
- Cook about 4 minutes on each side or until tender.
- Remove from griddles and sprinkle with Parmesan cheese before serving.

Per serving:

- Calories:62
- Protein: 2 gm
- Carbohydrates: 7 gm
- Fat: 3 gm

This is a simple and delicious way to prepare eggplant.