

Embrace Summer Grilling!



Grilled Sicilian Eggplant Rolls

Serves: 6 | Serving Size: 1 roll

Ingredients:

2 teaspoons of olive oil, divided
1 eggplant, sliced lengthwise into 1/4-inch strips
3 cloves of garlic, minced
1/4 cup Panko or white breadcrumbs
1 tablespoon grated Parmesan cheese
6 bamboo skewers, soaked in water overnight
Vegetable oil spray

Directions:

Place a teaspoon of olive oil in a large nonstick skillet over medium heat. Add the slices of eggplant in a single layer and cover the pan. Let the eggplant cook, covered, until it gets soft. You may need to turn the slices occasionally.

Meanwhile, in a second skillet, sauté the garlic and breadcrumbs in the other teaspoon of olive oil until lightly browned. Remove the mixture from heat and stir in the Parmesan cheese.

Sprinkle a little of the breadcrumb mixture on each slice of eggplant.

Roll the eggplant into compact cylinders, securing each with a long bamboo skewer (as pictured).

Place skewers on a piece of foil and transfer to a preheated grill. Grill on foil with a little vegetable oil spray until browned on both sides.

Serve warm.

Nutrition Information:

Serves 6. Each serving contains 41 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 1 mg cholesterol, 46 mg sodium, 5 g carbohydrate, 0 g dietary fiber, 0 g sugar, and 1 g protein.

Each serving has 0% DV vitamin A, 1% DV vitamin C, 2% DV calcium, and 0% DV iron.

Chef's Tips:

Garnish with warmed marinara sauce and a squiggle of hot pepper tomato paste, as pictured.

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