

Lime and Sesame Grilled Eggplant

*Allyson Meyler - Greensboro, NC
Taste of Home - June/July 2020*

Servings: 6

*3 tablespoons lime juice
1 tablespoon sesame oil
1 1/2 teaspoons reduced-sodium soy sauce
1 clove garlic, minced
1/2 teaspoon grated fresh gingerroot or 1/4 teaspoon ground ginger
1/2 teaspoon salt
1/8 teaspoon pepper
1 medium (1-1/2 pounds) eggplant, cut lengthwise into 1/2-inch slices
2 teaspoons honey
1/8 teaspoon crushed red pepper flakes
thinly sliced green onions
sesame seeds*

In a small bowl, whisk the lime juice, sesame oil, soy sauce, garlic, gingerroot, salt and pepper until well blended. Brush two tablespoons of the mixture over both sides of the eggplant slices.

Grill the eggplant, covered, over medium heat until tender, 4 to 6 minutes on each side.

Transfer the eggplant to a serving plate. Stir the honey and pepper flakes into the remaining juice mixture. Drizzle over the eggplant. Sprinkle with green onions and sesame seeds.

Per Serving (excluding unknown items): 51 Calories; 2g Fat (39.0% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 230mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.