Dinner

Cheesy Grilled Baby Eggplant Halves

Smoky grilled baby eggplant halves get a blanket of melted mozzarella and a finishing drizzle of balsamic vinegar with a dusting of Parmesan. A quick dish that comes together in minutes on the grill.



Gluten free | Nut free

11 min	80	6 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp olive oil
- [ ] 2 med baby eggplants (cut in half lengthwise)
- [ ] 1/8 tsp garlic powder
- [ ] 1/8 tsp black pepper (ground)
- [ ] 1/4 cup mozzarella cheese (part-skim, shredded)
- [ ] 1 tbsp balsamic vinegar
- [ ] 2 tsp Parmesan cheese (freshly grated)

Method

- [ ] **1** Preheat a grill to medium-high.
- [ ] **2** Drizzle the olive oil evenly over the baby eggplant halves, then sprinkle them all over with the garlic powder and black pepper.
- [ ] **3** Lay the halves cut side down on the grill and cook for 3-4 minutes, until tender.
- [ ] **4** Flip the halves over and spread the mozzarella cheese evenly across the cut sides. Grill for another 3-4 minutes, until the cheese is melted.
- [ ] **5** Lift the eggplant off the grill and arrange the halves side by side on a serving dish. Finish with a drizzle of balsamic vinegar and a sprinkle of Parmesan cheese.

Nutrition Facts

Per serving

Calories	**80**
Total fat	5 g
Saturated fat	1.5 g
Sodium	65 mg
Total carbs	6 g
Fiber	2 g
Total sugars	4 g
Protein	3 g

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