

Grilled Eggplant with Microgreens

Ingredients

- 2 medium eggplants
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 2 Tbsp horseradish (from a jar)
- 2 Tbsp white vinegar
- 2 Tbsp dijon mustard
- $\frac{1}{2}$ cup extra virgin olive oil, plus 2 Tbsp
- 1 Tbsp fresh parsley, chopped
- 2 tsp fresh thyme, chopped
- $\frac{1}{4}$ cup arugula microgreens

Directions

1. Preheat grill over medium-high heat.
2. Cut tops off eggplant and slice lengthwise into $\frac{1}{2}$ inch steaks. Using the 2 tablespoons of olive oil, brush both sides of the eggplant. Season with 1 teaspoon salt and $\frac{3}{4}$ teaspoon black pepper.
3. In a small bowl, whisk together the horseradish, vinegar, dijon mustard, and remaining black pepper. Once fully combined, add in the fresh parsley and thyme. Set aside.
4. On the heated grill, add the eggplant. Grill for 5 minutes before flipping. Grill for an additional 3 minutes and remove from heat.
5. Top with microgreens and drizzle with the vinaigrette. Serve immediately.

Handling & Storage

It is best to use eggplant within one day of purchase; but it can be refrigerated for up to four days. Eggplants bruise easily, so handle with care.

Cooked eggplant can be refrigerated for 3 days. Freeze pureed eggplant up to 6 months with a little bit of lemon juice to prevent discoloration.

Nutritional Information

Calories: 358

Total Fat: 33.1 g

Saturated Fat: 4.7 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 701 mg

Total Carbohydrates: 18.2 g

Dietary Fiber: 10.6 g

Sugars: 9.0 g

Protein: 3.3 g

Serves: 4