



## Chef ETL's Grilled Eggplant, Tomato and Mozzarella

**Servings: 4**

Preparation Time: 15 minutes

*Start to Finish Time: 31 minutes*



*Nothing tastes better than grilled eggplant with a slice of tomato and melted mozzarella cheese drizzled with a little high-end balsamic vinegar. Use this for a light main course, side dish or appetizer.*

**1 large eggplant, peeled and sliced crosswise 1/4 inch thick**

**1/4 cup extra virgin olive oil**

**1 1/2 tablespoons oregano, dried**

**1 large tomato, sliced (enough slices for each eggplant slice)**

**1 pound mozzarella cheese, sliced (enough slices for each eggplant slice)**

**8 leaves fresh basil, chopped**

**2 tablespoons balsamic vinegar**

*Nobody doesn't like these grilled eggplants...even those who generally do not like eggplant.*

*SERVING SUGGESTIONS: Use leftovers in a sandwich or just microwave for a few seconds.*

Peel eggplant and slice crosswise into 1/4" slices.

Brush on extra virgin olive all on the back and front of each eggplant slice.

Sprinkle oregano onto one side of each eggplant slice.

Light grill to medium temperature. Spray grill with non-stick spray such as Pam.

Grill, oregano side up, for approximately 8 minutes or until slices develop a dark grilled color.

Turn slices over and grill for another 4 minutes.

Add a slice of tomato to each eggplant slice. Add a slice of mozzarella on top of each tomato slice. Cook for another 2-3 minutes or until the mozzarella has melted.

Remove from grill to a serving dish. Top each slice with the basil. Salt and pepper to taste.

Drizzle balsamic vinegar over each slice and serve.

These eggplant slices can be served hot, warm or cold.

*Serving Ideas: Use leftovers in a sandwich or just microwave for 20 seconds.*

*Per Serving (excluding unknown items): 509 Calories; 39g Fat (68.1% calories from fat); 27g Protein; 14g Carbohydrate; 5g Dietary Fiber; 90mg Cholesterol; 558mg Sodium; 7g Total Sugars; trace Vitamin D; 611mg Calcium; 1mg Iron; 499mg Potassium; 446mg Phosphorus. Exchanges: .*

**5-Star Recipe is an ETL Consultant's Corporation company. Visit us at [www.5starrecipe.com](http://www.5starrecipe.com)**