

RECIPE | EGGPLANTS

# GRILLED EGGPLANT



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*Recipe by Grace McGuire of Nourish With Whole Food*

## INGREDIENTS

Pure Flavor® eggplant, sliced thick, about an inch or so  
Coconut oil  
Pinch of salt  
Pure Flavor® tomatoes-on-the-vine  
Almond cream cheese  
Sprouted watermelon seeds  
Watercress  
Flax oil

## DIRECTIONS

1. Lather sliced eggplant with coconut oil and add to a hot grill skillet over medium heat.
2. Cook for 2-3 minutes on each side.
3. Set aside on a baking sheet, and top with almond cream cheese, sliced tomato, watermelon seeds, garnish with watercress, and drizzle with flax oil for added omega 3 fatty acids.



### TOTAL TIME

8 minutes

### PREP TIME

2 minutes

### COOK TIME

6 minutes

### SERVES

4-6

### COOKING LEVEL

Easy