

**TOTAL TIME**

8 minutes

**PREP TIME**

2 minutes

**COOK TIME**

6 minutes

**SERVES**

4-6

**COOKING LEVEL**

Easy

**RECIPE | EGGPLANTS**

# GRILLED EGGPLANT

*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.

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