

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