

# BALSAMIC GRILLED EGGPLANT



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Large Eggplant, Unpeeled  
Olive Oil  
Ideal Protein Balsamic Dressing  
Salt  
Black Pepper  
Garlic Powder

### QUANTITY

1 (1 Lb.)  
1 Tbsp.  
1 Tbsp.  
½ Tsp.  
¼ Tsp.  
½ Tsp.



## PREPARATION

- Cut the eggplant into ½-inch thick rounds.
- In a small bowl, whisk together olive oil, balsamic dressing, garlic powder, salt, and pepper.
- Brush the mixture evenly on both sides of the eggplant slices. Let them marinate for 10-15 minutes.
- Preheat the grill or grill pan over medium heat.
- Grill eggplant slices for 3-4 minutes per side until tender and grill marks appear.
- Plate warm with a drizzle of extra balsamic (optional). Serve and Enjoy!