

Grilled Eggplant with Marinated Feta

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*2 eggplants
salt
1/4 cup olive oil
1 clove garlic, grated
1 tablespoon chopped
oregano
1 tablespoon chopped
parsley
1 teaspoon chopped
rosemary
1/4 teaspoon red pepper
flakes
4 ounces crumbled feta
cheese
olive oil*

Slice the eggplants into one-half-inch thick pieces. Lay the slices on paper towels. Sprinkle with salt. Let sit for 10 minutes. Pat dry.

In a saucepan, heat 1/4-cup of olive oil with the garlic for 1 minute. Stir in the oregano, parsley, rosemary and red pepper flakes. Let cool.

In a bowl, pour the garlic mixture over the feta cheese.

Brush the eggplant with the olive oil mixture. Grill over medium-high heat, 5 minutes per side. Top with the feta.

Per Serving (excluding unknown items): 1020 Calories; 80g Fat (67.3% calories from fat); 26g Protein; 61g Carbohydrate; 23g Dietary Fiber; 101mg Cholesterol; 1296mg Sodium. Exchanges: 2 1/2 Lean Meat; 11 Vegetable; 14 Fat.