
Hoisin Grilled Eggplant

Summer Cookout Cookbook

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TIPS:

Oil the grates or toss vegetables with oil before grilling to prevent sticking.

Consider using a grill basket for thin or small vegetables.

Cut vegetables like squash on the bias to yield larger slices for the grill.

3 Japanese eggplants

salt

1/2 cup hoisin sauce

1 tablespoon rice vinegar

1 to 2 teaspoons hot chili sauce

chopped cilantro (for topping)

sliced scallions (for topping)

In a bowl, combine the hoisin sauce, rice vinegar and hot chili sauce. Mix well.

Cut the eggplant in half lengthwise. Brush all over with olive oil. Season with salt.

Grill over high heat for 5 to 7 minutes per side, brushing with the hoisin sauce mixture.

Top with cilantro and scallions.

Side Dishes

Per Serving (excluding unknown items): 284 Calories; 4g Fat (13.7% calories from fat); 4g Protein; 57g Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 2067mg Sodium. Exchanges: 1/2 Fat; 3 1/2 Other Carbohydrates.