

# Grilled Squash and Eggplant Planks

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## Servings: 4

### *Thyme and Pepper Walnuts*

*1 teaspoon olive oil  
2 tablespoons walnuts, coarsely  
chopped*

*1/4 teaspoon thyme*

*1/8 teaspoon pepper*

### *Squash and Eggplant Planks*

*1/2 medium eggplant, split  
lengthwise*

*1 medium yellow summer squash*

*1 medium zucchini*

*1/4 cup olive oil*

*2 teaspoons lemon zest*

*1/4 cup lemon juice*

*1 tablespoon fresh thyme, chopped*

*1 tablespoon honey*

*2 cloves garlic, minced*

*1/2 teaspoon cracked black pepper*

*1/4 teaspoon salt*

*1/2 cup ricotta cheese*

*1/3 cup finely grated Parmesan  
cheese*

## Preparation Time: 30 minutes

### Marinate Time: 2 hours

Make the Thyme and Pepper Walnuts: In a medium skillet, heat the olive oil over medium heat. Add the walnuts and toss to coat. Cook and stir for 3 to 5 minutes or until toasted and fragrant. Add the thyme and pepper. Toss to coat. Set aside.

For the planks, slice the half eggplant crosswise into 1/2-inch-thick slices. Trim and slice the summer squash and zucchini diagonally into 1/2-inch-thick slices similar in size to the eggplant. Place the slices in a large resealable plastic bag set in a shallow dish.

In a small bowl, combine the olive oil, lemon zest, lemon juice, thyme, honey, garlic, pepper and salt. Set aside one tablespoon of the mixture. Pour the remaining mixture over the vegetables. Seal the bag and turn to coat. Marinate in the refrigerator for two to eight hours.

Drain the vegetables, discarding the marinade. In a small bowl, combine the ricotta cheese, Parmesan cheese and the reserved tablespoon of the marinade.

For a gas or charcoal grill, place the vegetables on the rack of a grill directly over medium heat. Cover and grill for 5 to 8 minutes or until tender and lightly browned, turning once.

Transfer the vegetables to a platter. Spoon the ricotta mixture on top of each vegetable plank.

Top with the Thyme and pepper Walnuts.

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Per Serving (excluding unknown items): 253 Calories; 21g Fat (71.5% calories from fat); 6g Protein; 13g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	253
% Calories from Fat:	71.5%
% Calories from Carbohydrates:	19.7%
% Calories from Protein:	8.8%
Total Fat (g):	21g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	16mg
Carbohydrate (g):	13g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	163mg
Potassium (mg):	336mg
Calcium (mg):	89mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	413IU
Vitamin A (r.e.):	71RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	31mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 253 Calories from Fat: 181

### % Daily Values\*

<b>Total Fat</b>	21g	32%
Saturated Fat	5g	24%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	163mg	7%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	3g	10%
<b>Protein</b>	6g	

<b>Vitamin A</b>	8%
<b>Vitamin C</b>	26%
<b>Calcium</b>	9%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.