

Grilled Eggplant with Feta and Tomato

Serves: 8

Ingredients

2 Tbsp. olive oil	1 oz. fat-free feta cheese, crumbled ($\frac{1}{4}$ cup)
2 tsp. fresh oregano leaves or 1 tsp. dried oregano	2 plum tomatoes, cut into $\frac{1}{2}$ - inch dice
2 eggplants (about 1 $\frac{1}{2}$ lbs. each), cut lengthwise into $\frac{1}{2}$ -inch thick slices	Lemon wedges
Pinch of salt and pepper	Oregano sprigs for garnish (optional)

▶ Prepare charcoal fire or preheat gas grill for covered direct grilling over medium-high heat.

▶ In a small saucepan, heat oil over medium heat until hot but not smoking. Remove saucepan from heat; add 2 tsp. oregano. Let steep until ready to serve.

▶ Lightly spray both sides of eggplant slices with nonstick spray; sprinkle with salt and pepper. Place eggplant on hot grill rack. Cover grill and cook eggplant 7 to 10 minutes or until tender and browned, turning over once.

▶ Transfer eggplant to platter; drizzle with oregano oil and top with feta cheese and tomatoes. Serve with lemon wedges. Garnish with oregano sprigs.

▶ Per serving: 85 calories, 5 g total fat (1 g saturated fat), 3 mg cholesterol, 210 mg sodium, 10 g carbohydrates, 4 g fiber, 2 g protein