

Grilled Eggplant

Courtesy Ruben Caro

Ingredients:

Eggplant – Peeled and sliced .42 phe/gm or 12 phe per 30 gm slice

Cambrooke Foods sliced Swiss Cheese – 45 phe/slice

Brush both sides of eggplant slices.

Grill 10 minutes per side

Put 1 slice low protein Swiss cheese on each slice and grill until melted

Slice into thirds and serve

PHE = 57 phe per slice or 19 phe per piece (when cut into thirds)