

The COUNTRY GARDENS



PAN GRILLED EGGPLANT

INGREDIENTS:

2 large Asian eggplants sliced to 1/2" thickness
minced parsley or cilantro for garnish, optional

1/2 cup olive oil	4 cloves garlic, minced
1 tbsp soy or Worcestershire sauce	1/2 tsp Dijon mustard
2 tsp lemon juice	salt and pepper, to taste

Combine oil, garlic, soy sauce, Dijon mustard, lemon juice, salt and pepper. Mix well. Brush the marinade on the eggplant slices to coat all sides (Don't take the short cut and directly add the eggplant to the marinade!)

Heat large skillet on medium-high heat. Lay eggplant slices in the pan and grill 2-3 minutes per side, until golden brown and tender. Repeat with all slices. Garnish and serve warm.