



## **Grilled Eggplant Parmesan**

2 medium sized eggplants (about 6 to 8 inches long)  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup olive oil  
1/4 cup chopped fresh oregano  
1/4 cup chopped fresh basil  
1 (14 ounce) container Italian tomato sauce or grilled marinara sauce  
1/2 cup shredded Parmigiano Reggiano cheese  
1 (4 ounce) ball fresh mozzarella cheese, thinly sliced  
Garnish: dried basil, as desired

Preheat grill to medium heat; set up in 2-zones

It is important to peel the eggplants partially by making long vertical stripes. Do not peel the entire eggplant. Slice on eggplant widthwise on a slight angle into 1/2 inch slices; place in large bowl. Sprinkle with salt, pepper, and olive oil; toss to coat slices.

Grill eggplant on grill grates over medium high direct heat until they begin to soften but not until they are limp. Remove from grill to bowl or pan. Leave grill running.

Use metal baking pan, place eggplants on the pan. Sprinkle with chopped oregano and basil. Spoon tomato sauce on each slice, covering completely. Sprinkle each with about 1 teaspoon Parmesan cheese; top with a thin slices of fresh mozzarella cheese.

Place pan on grill in the indirect heat zone; close lid. Grill will take about 10 to 20 minutes depending on the thickness and temperature for the cheeses to melt. Lightly sprinkle tops of each eggplant with basil. Yield: about 14 to 16 slices Serves: about 4 to 6

**Suggested serving:**

Place a layer of pea tendrils or your favorite chopped greens on platter. Arrange eggplants on top; serve with crusty grilled garlic bread and fresh tossed salad.

**Meathead's Notes:** He adds grilled mushrooms, uses his fired up marinara sauce, and states that you can add more sauce, thyme, use dried herbs, hot pepper flakes, and any combination of cheeses.

**Recipe inspired by:** Meathead Goldwyn  
[Amazingribs.com/recipes/other\\_entrees/eggplant\\_parmesan.html](http://Amazingribs.com/recipes/other_entrees/eggplant_parmesan.html)

**About the Recipe:** How about a healthy recipe for Eggplant Parmesan! Most recipes call for breading and frying, and eggplant just loves to soak up lots of grease. Then it's covered with generous amounts of cheese. This recipe grills the eggplant and uses fresh mozzarella with lots of fresh herbs for that delicious Italian flavor.