

Smoky Grilled Eggplant

This would make the perfect appetizer or side dish to practically anything Mediterranean-inspired.

Ingredients:

1 large eggplant
4 tbsps coconut aminos
2 tbsps avocado oil
2 tsps smoked paprika

2 tsps ground cumin
2 tsps ground coriander
1/2 tsp sea salt
1/2 tsp garlic powder
1/2 tsp cayenne pepper

Directions:

Slice the eggplant into 1/4-inch rounds and place on a baking sheet. Drizzle the coconut aminos and half the oil over eggplant and use a brush or your hands to massage into the eggplant. The oil helps prevent sticking while grilling, and the coconut aminos infuses flavor.

Add all the spices to a small dish and mix to combine. Then sprinkle over both sides of the eggplant and use your fingers to spread it around so it's well coated.

Heat a grill or grill pan over medium-high heat. Once hot, brush the grill surface with a little oil to further prevent sticking. 4. 4. Then add eggplant. It can be helpful to place something heavy on top of the eggplant while it's grilling (like a cast-iron pan or heavy plate) to impress the eggplant into the grooves of the grill to make more pronounced grill marks. Grill on both sides for about 3 minutes or until the eggplant becomes a little tender and grill marks are pronounced.

Plate the eggplant and enjoy as is or garnish with tahini, garlic dill sauce, fresh herbs, or a little olive oil. This is delicious on its own, but it is especially good with hummus, in a Mediterranean-themed bowl, or in a salad. Best when fresh, though leftovers can be stored in the refrigerator up to 3 days. Reheat in a cast-iron pan over medium heat until hot.

