

Smoky Grilled Eggplant with a Bright Quinoa Salad

Don't put the grill away yet! This meatless wonder is a pow of flavor



Grilled Spiced Eggplant with Quinoa Salad - 4 Servings

Developed by Sara Quessenberry for Cleveland Clinic Wellness

Ingredients

For the quinoa salad:

¾ cup quinoa

1 cup cherry or grape tomatoes, quartered

2 scallions, thinly sliced

¼ cup chopped fresh cilantro

1 tablespoon fresh lemon juice

2 teaspoons extra virgin olive oil

⅛ teaspoon kosher salt

⅛ teaspoon freshly ground black pepper

For the eggplant

1½ teaspoons ground cumin

1½ teaspoons ground coriander
½ teaspoon smoked or regular paprika
2 cloves garlic, finely chopped
¼ teaspoon kosher salt
2 tablespoons extra virgin olive oil
2 medium eggplants (about 12 ounces each)

Instructions

For the quinoa salad, in a small saucepan bring 1½ cups water to a boil over medium-high heat. Stir in the quinoa, cover tightly, and reduce the heat to medium-low. Cook for 15 minutes, or until the water is absorbed and the quinoa is tender. Remove from the heat, fluff with a fork, then let stand, covered, for another 5 minutes. Transfer to a bowl and let cool.

Add the tomatoes, scallions, cilantro, lemon juice, oil, salt and pepper and stir to combine.

For the eggplant, in a small bowl, stir together the cumin, coriander, paprika, garlic, salt, and oil.

Cut each eggplant in half lengthwise. Score the flesh in a crosshatch fashion without cutting through the skin. Dividing evenly, spread the oil mixture evenly over the flesh.

Heat the grill to medium. Place the eggplant on the grill skin side down. Close the lid and grill for 5 minutes. Flip the eggplant over and grill 3 to 4 minutes, until grill marks form. Rotate the eggplant about 45 degrees and grill 3 to 4 minutes more, or until very tender. (Alternatively, you can roast the eggplant in a 400° oven, skin side down, for about 45 minutes, or until tender.)

Dividing evenly, serve the eggplant topped with the quinoa salad.

Nutritional facts per serving: 278 calories, 12 g total fat, 2 g saturated fat, 8 g protein, 39 g carbohydrate, 11 g dietary fiber, 10 g sugar, 0 g added sugar, 0 mg cholesterol, 121 mg sodium