



Grilled Eggplant with Moroccan Spices

Intermediate Lifestyle

INGREDIENTS

1 TSP coriander seeds
1 TSP cumin seeds
½ TSP freshly ground black pepper
Dash of ground red pepper
Dash of ground cinnamon
¾ cup plain low-fat yogurt
2 TBS extra-virgin olive oil, divided
1 TBS chopped fresh mint
1 TBS chopped fresh flat-leaf parsley
2 (1-pound) eggplants
Cooking spray
.38 TSP kosher salt

INSTRUCTIONS

—Preheat the grill to medium heat.

—Combine coriander and cumin in a small skillet over medium heat; cook 1 1/2 minutes or until toasted. Combine coriander mixture, black pepper, red pepper, and cinnamon in a small bowl. Place spice mixture in a spice grinder; process until finely ground (you can also crush with a mortar and pestle). Combine 1/2 TSP spice mixture, yogurt, 1 TBS oil, mint, and parsley in a small bowl, stirring with a whisk.

—Partially peel eggplant lengthwise with a vegetable peeler, leaving long stripes. Cut eggplant crosswise into 1/2-inch-thick slices; lightly coat with cooking spray. Sprinkle evenly with remaining spice mixture, pressing to adhere. Arrange eggplant on grill rack coated with cooking spray; grill 5 minutes on each side or until just tender. Place eggplant on a platter; cool to room temperature. Spread yogurt mixture evenly over eggplant. Cover with foil, and let stand at room temperature at least 1 hour. Drizzle with remaining 1 TBS oil. Sprinkle with salt.

SERVING INFO: (Yields 6 serving): 3 eggplant slices = 1 V, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).