Jamaican Jerk Grilled Eggplant

Serves 8
Recipe from Minimalist Baker

1 teaspoon ground cinnamon

1 Tablespoon ground coriander

¼ teaspoon allspice

¼ teaspoon cayenne pepper

½ teaspoon pepper

2 Tablespoons fresh thyme

4 cloves garlic, minced

1 Tablespoon fresh ginger, grated

3 Tablespoons lime juice

¼ cup low-sodium soy sauce

2 Tablespoons maple syrup

2 Tablespoons olive oil

3 stalks green onions, sliced

1 medium serrano pepper, seeds removed, thinly sliced

1 large or 2 small eggplant

Combine cinnamon, coriander, allspice, cayenne pepper, pepper, thyme, garlic, ginger, lime juice, soy sauce, maple syrup, olive oil, green onions, and serrano pepper in a small bowl. Slice eggplant lengthwise into ½-inch thick "steaks." Brush both sides of the steaks with marinade. Heat grill or grill pan and lightly oil. Place eggplant on hot grill for about 3-5 minutes on each side, or until both sides are golden brown and grill marks are present.

Nutrition per eggplant "steak": 74 calories; 3.5g Fat; 2g Protein; 10g Carbohydrates; 3g Fiber; 270mg Sodium

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