

CARIBBEAN VEGETABLE GRILL

Yield: 4 Servings)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 (about 1 lb.) unpeeled medium purple eggplant, sliced in 1/4-inch rounds
- 4 green onions, trimmed
- 2 medium (about 3/4 lb. total) tomatoes on-the-vine, cored, sliced crosswise in 4 pieces each
- 2 mini sweet peppers, seeded, cut crosswise
- 1 pkg. (8 oz.) Soy Boy Caribbean Tofu, cut in 8 slices (Nature's Marketplace)
- 4 wheat rolls, split and toasted
- 4 Tbsp. roasted red pepper hummus (Dairy)
- 4 Boston lettuce leaves
- Wegmans Basting Oil

PREPARATION

Preheat grill to medium.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Lay eggplant slices onto baking sheet. Lightly salt both sides to draw out moisture. Let stand 5 min.
3. Brush eggplant, scallions, tomatoes, peppers and tofu with 2 tsp. basting oil; place on grill.
4. Grill, turning every 2 min., until grill marks appear on all sides and vegetables are tender, about 10 min.
5. Remove from grill; let cool to room temperature.
6. Spread 1 Tbsp. hummus per roll. Add lettuce, vegetables and tofu; season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 380; Fat: 14 g (2 g saturated fat); Cholesterol: 5 mg; Carbohydrates: 46 g; Fiber: 8 g; Protein: 12 g; Sodium: 770 mg.

Recipe courtesy of Wegmans