

GRILLED ASPARAGUS AND EGGPLANT ROLL-UPS

Yield: 4 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

- Eggplant (about 12 oz.), ends trimmed, cut lengthwise in four ½-inch thick slices
- Salt
- 1 bunch asparagus (about 1 lb.), ends trimmed
- 2 Tbsp. Wegmans Basting Oil

PREPARATION

Preheat grill on high 10 min.

1. Arrange eggplant slices on baking sheet; sprinkle lightly with salt. Let stand 30 min; pat with paper towel to remove moisture.
2. Drizzle basting oil on eggplant and asparagus to lightly coat. Season asparagus with salt to taste.
3. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Arrange vegetables on grill; cook about 2 min. Turn. Cook about 2 min. until browned and slightly pliable. Remove from grill; cool briefly.
4. Top eggplant slices with asparagus spears; roll into bundles.

NUTRITION

Per serving: 90 Calories; Fat: 5 g (0g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 12 g; Protein: 4 g; Fiber: 6 g; Sodium: 5 mg.

Recipe courtesy of Wegmans