

HEALTHY COOKING

EGGPLANT STACKS



SERVES 1

INGREDIENTS

- ▶ 4 x 1cm thick slices (rounds) of eggplant
- ▶ 1 clove garlic
- ▶ 1 Tbs olive or coconut oil
- ▶ 50g shaved ham
- ▶ 45g feta cheese
- ▶ 4 tsp tomato salsa
- ▶ 4 whole fresh basil leaves
- ▶ 2 cups mixed salad (e.g. mesclun leaves & cucumber)
- ▶ 10ml basic salad dressing (find this recipe on our website)

Cook eggplant with oil and garlic until tender. Put 2 of the eggplant slices onto a baking tray, on top of each add $\frac{1}{4}$ of the ham, 1 tsp salsa, 1 basil leaf and $\frac{1}{4}$ of the feta. Stack second eggplant slices onto each existing stack and repeat the toppings. Place under preheated grill until heated through and lightly browned.

Each serving:

Protein: 15g | Carbohydrate: 8.0g