



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **GRILLED EGGPLANT WITH BALSAMIC & FRESH BASIL**

Recipe by Natural Gourmet Institute

SERVES 6-8

#### **Ingredients:**

2 small eggplants,\* cut into ½ inch rounds,  
Sea salt and freshly ground black pepper to taste.  
3-4 tablespoons extra virgin olive oil or as needed  
¼ cup fresh basil,\* chopped  
1 tablespoon feta cheese,\* crumbled  
2-3 tablespoons balsamic vinegar

#### **Directions:**

1. Place eggplant rounds in a medium bowl and add the oil, salt and pepper. Coat to cover the eggplant with the oil.
2. Heat a griddle or grill over medium heat and lightly coat with oil.
3. Place eggplant on hot griddle or grill and cook 3-4 minutes per side or until grill marks form.
4. Rotate eggplant slice ¼ turn and continue to grill for another 3-5 minutes.
5. Turn eggplant over and repeat procedure.
6. Remove from fill and place on a serving platter. Garnish with chopped basil, crumbled cheese and a drizzle of balsamic vinegar.

***\*Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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