

## Perfect Grilled Eggplant

Eggplant can be great on the grill. It can also be overcooked and flavorless or undercooked with a spongy texture. This easy recipe uses the power of salt water to guarantee great grilled eggplant—crispy brown on the outside, creamy sweet on the inside, and full of flavor—every time. Feel free to embellish with spices and other flavors, including serving with a drizzle of balsamic vinegar or a dollop of pesto or romesco, and make this simple recipe your own.

**Prep Time: 40 minutes    Cook Time: 10 minutes    Total Time: 50 minutes**

### Ingredients:

2 Tbsp. salt, plus more for sprinkling

3 medium eggplants

About 1/3 cup olive oil



### Preparation

1. In a large bowl dissolve 2 Tbsp. salt in 1 cup warm water. Add 3 quarts cold water. Set aside.
2. Trim eggplant and cut into  $\frac{3}{4}$ -inch thick diagonal slices. Put slices in salt water, weigh down with an upside-down plate, and let sit 30 minutes.
3. Meanwhile, heat a charcoal or gas grill to medium-high heat (you can hold your hand about an inch above the grill for 3 to 4 seconds).
4. Drain eggplant and pat dry with paper towels or a clean kitchen towel. Lay on a large baking sheet or tray. Brush one side with olive oil and sprinkle with salt. Lay oiled-side-down on the grill. Close lid if using a gas grill and cook until grill marks appear, about 5 minutes.
5. Brush top sides with oil and sprinkle with salt. Turn slices over, close lid on a gas grill and cook until grill marks appear on the other side and eggplant is very tender, about 5 minutes. Serve hot or at room temperature.

Makes 6 to 8 servings.

*Recipe from [www.localfoods.about.com](http://www.localfoods.about.com)*