

## Eggplant on the BBQ with Yogurt and Chive Sauce



*This recipe can be served as a light appetizer or a side dish. You can also add some pomegranate seeds or crushed nuts to add a touch of crunch and sweetness to your dish. Enjoy your meal!*

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 188

Fat 16

Carbohydrates 10

Fibre 4

Protein 4

Sodium 146

### **Ingredients**

#### **For the grilled eggplants:**

- 1 large eggplant
- 60 ml (¼ cup) olive oil
- The juice of one lemon (or 60 ml / ¼ cup)

- 10 ml (2 tsp) sumac
- 5 ml (1 tsp) dried Italian herbs
- 2.5 ml (½ tsp) red pepper flakes (adjust to your spice preference)
- Pepper and salt, to taste

### **For the feta topping:**

- 60 ml (¼ cup) crumbled feta cheese
- A few fresh basil leaves, chopped
- Chopped chives

### **For the yogurt sauce:**

- 60 ml (¼ cup) plain yogurt
- 15 ml (1 tbsp) fresh chives, chopped
- 5 ml (1 tsp) Dijon mustard
- The juice of half a lemon (or 30 ml / 2 tbsp)
- Ground black pepper, to taste

## **Preparation**

1. Preheat your barbecue to medium-high heat.
2. Cut the eggplants into slices about ½ inch thick.
3. In a bowl, mix olive oil, lemon juice, red pepper flakes, dried herbs, sumac, salt, and pepper. Brush the eggplant slices on both sides with this seasoned oil mixture.
4. Place the eggplant slices on the preheated barbecue and grill for about 5 minutes on each side, until nicely tender and golden. Watch carefully to avoid burning.
5. While cooking, mix yogurt, fresh chives, lemon juice, black pepper, and Dijon mustard. Refrigerate until serving.
6. Place the grilled eggplants on a serving plate. Pour the sauce and add the crumbled feta cheese and fresh herbs. Enjoy immediately!

## **Notes**

Can be kept for up to 4 days in the refrigerator in an airtight container, without toppings.



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