



Grilled Eggplant

Ingredients:

Eggplant sliced ¼ to ½ inch thick
Pam Spray
Pepper or other seasonings

Directions:

- Slow cook/fry the sliced eggplant in PAM spray.
- Keep on one side for about 15-20 mins. Do not turn over until you see the grilled look on the under side. Once you flip these.. they are done in about 3 mins.
- It is best to season the side that is UP to prevent sticking

These are great to eat AS IS... or if you like you can alternate the cooked slices with COOKED ground buffalo, smart ground, or ground. The eggplant adds a wonderful nutty flavor.