



## **Grilled Eggplant with Hoisin Sauce**

Eggplant, a Zone-favorable vegetable if ever there was one, is fantastic on the grill. Here, once grilled, it's doused with a gingery sauce sweetened with fructose, spiked with hot pepper sauce and balsamic vinegar, and flavored with Asian ingredients such as mirin, tamari, hoisin sauce, and sesame oil.

Serves 2

Olive oil cooking spray

3 tablespoons hoisin sauce

2 tablespoons balsamic vinegar

2 tablespoons mirin

1-1/2 tablespoon low-sodium tamari or soy sauce

1 tablespoon toasted sesame oil

1 teaspoon granulated or syrup fructose or Agave nectar\*,  
or honey

1 teaspoon hot red pepper sauce

1/2 tablespoon shredded fresh ginger

1 garlic clove, minced

1 large eggplant (about 2 pounds), cut crosswise and then  
into 1/4-inch-thick slices

4 scallions, white and green parts, sliced diagonally

1 tablespoon toasted sesame seeds

1. Prepare a charcoal or gas grill, or preheat the broiler. Coat the grill rack with olive oil cooking spray. The coals or heating elements are ready when they are medium-hot.
2. In a mixing bowl, whisk together the hoisin sauce,

vinegar, mirin, tamari, sesame oil, fructose, hot sauce, ginger, and garlic.

3. Grill or broil the eggplant slices for about 5 minutes on each side, until tender and lightly browned. Grilled slices should have defined grill marks on both sides.

4. Using tongs so that you don't puncture them, transfer the eggplant slices to a serving platter. Pour the hoisin sauce over them. Sprinkle with scallion and sesame seeds, and serve.

**Per serving:** 36 grams carbohydrates, 0 grams protein, 6 grams fat

\*Fructose is sold in natural food stores in granulated or syrup form. It's sweeter than sugar but lower in calories. Fructose is made from fruits and honey and cannot be substituted directly for sugar (sucrose). Use only as specified in recipes (although you can use it to sweeten drinks to taste).

Agave Syrup is a sweetener naturally low in glycemic index and available in health food stores.

### **Tip**

Ginger isn't all flavor: it also has medicinal value. Studies have shown that it aids the digestive system and is beneficial if you have a cold or cough.