



## Grilled Eggplant with Honey Mustard Syrup

### Ingredients:

- 1 pound eggplant
- 2 tablespoons good olive oil
- 2 - 3 cloves fresh garlic, minced
- Salt & pepper

### Syrup

- 1/4 cup balsamic vinegar
- 1 tablespoon honey
- Fresh thyme (or other fresh herbs)

Makes: 4 servings  
Prep Time: 25 minutes  
Grill Time: 10 minutes

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### Directions:

1. Pre heat grill to medium heat.
2. Trim the eggplant, then slice lengthwise in half-inch thick strips. In a small bowl, mix the olive oil and garlic. Brush the cut sides of the eggplant with oil/garlic mixture, then sprinkle with salt and pepper. Place on the grill for about 8 minutes, turning halfway through.
3. While eggplant grills, mix balsamic vinegar and honey in a small pan and bring to a boil. Let cook down til quite thick.
4. Layer the grilled eggplant on a platter, drizzle with the syrup. Sprinkle with fresh thyme.

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*Recipe courtesy of [kitchen-parade-veggieventure.blogspot.com](http://kitchen-parade-veggieventure.blogspot.com)*

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