

Fusilli with Grilled Eggplant

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
2. Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
3. Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
4. Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
5. Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
6. Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

Ingredients

- 8 ozs Chicken Breast (grilled or baked)
- 3 Tomato (sliced in half)
- 1 Sweet Onion (coarsley chopped)
- 1 Eggplant (sliced into 1/2 inch rounds)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 cup Basil Leaves (chopped)
- 2 1/2 cups Brown Rice Fusilli (uncooked)