

Grilled Eggplant Banh Mi Sandwich

1/2	cup	rice wine vinegar	1	Tbsp	minced peeled fresh ginger
1 1/2	Tbsp	sugar			
1/4	tsp	salt	2	tsp	yellow miso (soybean paste)
2	cups	julienne-cut peeled carrot (about 4 medium)	1 1/2	tsp	fresh lime juice
1 1/4	lbs	eggplant	1	can	(16-ounce) French bread baguette, cut in half horizontally
1 1/2	Tbsp	canola oil			
1/3	cup	creamy peanut butter	1	cup	thinly sliced cucumber
1/4	cup	minced green onions	1	cup	fresh cilantro leaves
					Thinly sliced jalapeño pepper (optional)



Procedure

- 1 Preheat oven to 375°.
- 2 Combine vinegar, sugar, and salt in a bowl, stirring until sugar dissolves. Add carrot; let stand 15 minutes, stirring occasionally. Drain.
- 3 Heat a grill pan over medium-high heat. Cut eggplant stem off. Cut eggplant lengthwise into 1/4-inch-thick slices; brush with oil. Grill 7 minutes or until tender, turning once.
- 4 Combine peanut butter, onions, ginger, miso, and juice in a bowl; stir well.
- 5 Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell; reserve torn bread for another use. Place bread on a baking sheet, cut sides up. Bake at 375° for 5 minutes or until golden brown. Spread bottom half of bread with peanut butter mixture. Arrange eggplant evenly over peanut butter mixture. Arrange carrot mixture and cucumber evenly over eggplant; top with cilantro and jalapeño, if desired. Place top half of bread on sandwich. Cut into 5 equal pieces.

Servings: 5

Yield: Yield: Serves 5 (serving size: 1 piece)

Nutrition Facts

Serving size: 1/5 of a recipe.

Amount Per Serving	
Calories	392
% Daily Value	
Total Fat 14.6g	22%
Cholesterol 0mg	0%
Sodium 575mg	24%
Total Carbohydrates 54.7g	18%
Fiber 8.2g	33%
Protein 14.4g	29%

Recipe Type

Vegetarian

Source

Source: Cooking Light

Web Page: www.myrecipes.com/recipe/grilled-eggplant-sandwich

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Author Notes

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