



Makes 8 steaks + 1¼ cups hummus + 2 cups couscous
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 1¼- to 1½-lb. eggplant
5 tablespoons red wine vinegar
2 tablespoons chopped fresh oregano, thyme, and/or basil
2 tablespoons finely chopped shallot
2 teaspoons Dijon mustard
3 cloves garlic, minced
2 cups cooked whole wheat Israeli couscous or quinoa
2 medium tomatoes, sliced
1 tablespoon toasted pine nuts
1 15-oz. can cannellini beans, rinsed and drained
2 tablespoons lemon juice
1 tablespoon tahini
Sea salt, to taste
Freshly ground black pepper, to taste

Greek-Style Grilled Eggplant-Steak Supper

This **Mediterranean** knife-and-fork dinner makes an impressive presentation for company, or dish it up individually for a mouthwatering weeknight meal. Tender **eggplant** is infused with smoky flavor on the grill then marinated in a mustard-herb vinaigrette for maximum flavor. As the veggies soak, the homemade white bean hummus comes together in a flash and is delicious to dollop on top of each filet when you're ready to eat. Serve over a bed of whole wheat couscous or quinoa, top with toasted pine nuts, and you'll feel like you're dining on a Greek island.

By Shelli McConnell

- 1 Trim ends of eggplant. Cut eggplant crosswise into eight "filets." Brush both sides of filets with 2 tablespoons of the vinegar. Grill, covered, over medium-high 6 to 8 minutes or just until tender, turning once. Meanwhile, for dressing, in a bowl whisk together the remaining 3 tablespoons vinegar, fresh herbs, shallot, Dijon mustard, and 2 of the garlic cloves.
- 2 Transfer eggplant to a 2-quart rectangular baking dish. Pour dressing over eggplant; turn to coat. Cover and let stand 30 minutes, turning filets once.
- 3 For White Bean Hummus, in a blender or food processor combine cannellini beans, lemon juice, tahini, the remaining garlic clove, sea salt, and black pepper. Cover and pulse until nearly smooth, adding 1 tablespoon water, if necessary, and scraping down sides as needed. Cover and chill until ready to serve or up to three days.
- 4 Arrange couscous, eggplant filets, and tomatoes on a platter. Drizzle vinegar mixture from dish over top; sprinkle with pine nuts and pepper. Serve with White Bean Hummus.