

## Lunch

### Mozzarella, Eggplant and Sun dried Tomato

#### Ingredients:

Mozzarella, grated

(first week: 195g cheese= 43g protein), 135g = 30g, 90g = 20g.

2/3 cup        eggplant, cut into round slices  
1 tsp.         garlic, minced  
1/3 cup        sun dried tomatoes, chopped  
1 tbs.         sage, chopped  
                  Olive oil cooking spray  
                  garnish with fresh chopped basil

#### Method:

- Spray coat both sides of eggplant with Olive oil cooking spray
- Brush both sides with minced garlic
- Place eggplant on an oven tray under preheated griller and cook for two minutes or until golden brown (eachside)
- Then lay eggplant rounds into shallow casserole and sprinkle each round with sage, sun dried tomatoes and Mozzarella
- Return to griller and cook for two minutes or until golden brown
- Garnish with fresh chopped basil