



## Open-Faced Grilled Eggplant Sandwiches



How better to celebrate summer's bounty than with this simply grilled sandwich? The dish comes together in no time flat and is perfect for a summer weeknight. Use either a prepared pesto or make your own. This recipe comes to us from Andrea of [Andrea's Recipes](#).

### Ingredients: (serves 4-6)

- Basil pesto (about 1/2 cup)
- 1 pound eggplant, sliced about 1/2-inch thick
- Table salt
- Olive oil
- Sliced fresh tomatoes (1-2)
- Sliced fresh mozzarella (about 8 oz.)
- Sliced whole grain bread or buns

### Instructions:

**Together:** Layer the sliced eggplant in a colander, liberally salting each layer.

**Kid:** Set the colander over a bowl and allow the eggplant to drain for about 30 minutes. Rinse well and pat dry.

**Kid:** Rub olive oil all over each slice of eggplant.

**Adult:** Grill until golden on both sides, about 3 to 4 minutes per side. Grill the tomatoes about 2 minutes on each side. Toast the bread while the tomatoes are on the grill.

**Together:** Lay a slice of toast on a plate and spread some pesto on it. Layer on eggplant, cheese, tomatoes, and drizzle some more pesto on top.

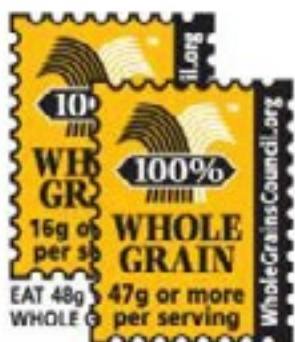
# Food For Thought!

What kind of bread do you like best, white or whole grain? Although white bread can be tasty, whole grain bread is delicious, too, and also has the important benefit of containing extra nutrients. Look for products with the Whole Grain Stamp, either “Basic” (made with a half serving of whole grains) or “100%” (made with 100% whole grains).



EAT 48g OR MORE OF WHOLE GRAINS DAILY

**THE BASIC STAMP**



EAT 48g OR MORE OF WHOLE GRAINS DAILY

**THE 100% STAMP**

## Cooking Tip of the Week

Salting the surface of eggplant can help draw some of its bitterness away. The older and larger an eggplant is, the more bitter it can be, so you might be able to skip this step if you're working with young, freshly harvested eggplants.

## Conversation Starter

If you could trade places with your parents for a day, what would you do differently?



“Start your week off right: Make Monday family night!”  
Visit **TheKidsCookMonday.org** to receive  
the Family Dinner Date each week in your inbox!