

# BRC Healthy Meal of the Week

## Summer Fruit Salad and Grilled Eggplant Sandwich - A Delicious, Healthy, Well Balanced Meal!

### Ingredients (Serves 4)

#### For the Fruit Salad

- 1 cup mixed berries
- 1 mango peeled, pitted and cubed
- 1 nectarine pitted and sliced
- 2 tablespoons orange juice

#### For the Eggplant

- 4 teaspoons olive oil
- 1 clove garlic, finely chopped
- 1 1/2 teaspoons chopped, fresh basil
- salt to taste
- freshly ground black pepper

#### For the Sandwiches

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- 1/2 cup cream cheese, low-fat whipped, or goat cheese
- 4 pieces of focaccia or other good quality bread, sliced in half, lengthwise
- 2/3 cup spinach, washed and dried
- 4 slices of tomato

### Cooking Instructions—Total Cooking Time 20 Minutes

#### For the Fruit Salad

1. Mix the fruit in a bowl. Sprinkle with the orange juice.
2. Serve for breakfast over yogurt, as a side dish with lunch or dinner or for dessert over sorbet or low-fat yogurt.

#### For the eggplant

1. Preheat the grill.
2. Mix the olive oil, garlic, salt, pepper and 1/2 teaspoon of the basil together. Slice the eggplants lengthwise into 1/2" slices. Brush the slices on both sides with the olive oil mixture.
3. Grill the eggplant slices until they become soft in the center, about 2 to 3 minutes on each side.

#### For the sandwiches

1. Mix the cheese, the remaining teaspoon of basil, salt and pepper together. Set aside.
2. Spread 4 halves of bread with the cheese mixture, then top with the spinach or arugula, a slice of tomato and a few slices of eggplant. Place the other half of the bread on top.

### Nutrition Facts

Serving Size is 2/3 Cup of Fruit Salad and One Sandwich

- Calories 332
- Protein 8g
- Carbohydrates 56g
- Dietary Fiber 8g
- Soluble Fiber 3g
- Sugar 22g
- Total Fat 10g
- Saturated Fat 3g

