

Low-Glycemic Filipino Eggplant Omelet (Tortang Talong)

A blood sugar-friendly Filipino classic featuring roasted eggplant wrapped in protein-rich eggs. Ready in 25 minutes with just 5 wholesome ingredients!

Prep: 5 min

Cook: 20 min

Total: 25 min

Servings: 1

GL 2.0 / GI 15

Ingredients

Low GI (~15), high fiber, non-starchy vegetable excellent for blood sugar control 1 Filipino eggplant (or Asian/Italian eggplant)

Zero glycemic impact, high-quality protein stabilizes blood sugar 1 large egg

No glycemic impact Pinch of salt

No glycemic impact, may improve insulin sensitivity Pinch of black pepper

No glycemic impact, healthy fats slow glucose absorption 1 teaspoon cooking oil

Instructions

Step 1

Preheat your oven to the broil setting. Using a sharp knife, make shallow cuts across the eggplant skin in several places to allow steam to escape during cooking. This prevents the eggplant from bursting and ensures even cooking throughout.

Step 2

Place the scored eggplant on a baking sheet and position it on the upper oven rack, about 6 inches from the broiler element. Broil for 15 minutes, rotating the eggplant every 3-4 minutes with tongs to char all sides evenly. The eggplant is ready when the skin is completely blackened and the flesh feels very soft when gently pressed.

Step 3

Using oven mitts, carefully transfer the hot eggplant into a large resealable plastic bag or covered bowl. Seal completely and let it steam for 5 minutes. This steaming process loosens the charred skin, making it much easier to peel away from the tender flesh.

Step 4

While the eggplant steams, crack the egg into a wide shallow bowl or plate. Add a pinch of salt and black pepper, then whisk vigorously with a fork until the yolk and white are completely combined and slightly frothy.

Step 5

Remove the eggplant from the bag and peel away all the charred skin under cool running water if needed. Pat dry with paper towels. Place the peeled eggplant on a cutting board and use a fork to gently press and flatten it to about ¼-inch thickness, keeping the stem intact. The eggplant should spread out like a fan while remaining in one piece.

Step 6

Carefully dip the flattened eggplant into the beaten egg mixture, coating both sides thoroughly. Let any excess egg drip back into the bowl. The egg should cling to all the crevices of the eggplant.

Step 7

Heat the oil in a non-stick skillet over medium heat. Add the minced garlic and sauté for 30-45 seconds until fragrant but not browned. Immediately add the egg-coated eggplant to the pan, pouring any remaining egg mixture over the top.

Step 8

Cook for 3-4 minutes on the first side until the egg is golden brown and set, then carefully flip with a spatula. Cook the second side for another 2-3 minutes until the egg is fully cooked through and lightly browned. Transfer to a plate and serve immediately while hot. For optimal blood sugar control, pair with a side of leafy greens or cucumber salad rather than rice, or enjoy on its own as a protein-rich meal.