



Bruschetta Bar

READY IN



30 min.

SERVINGS



10

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds arugula
- ☐ 2 teaspoons balsamic vinegar to taste
- ☐ 3 tablespoons bottled capers drained chopped
- ☐ 0.8 cup celery finely chopped
- ☐ 2 loaves crusty french italian
- ☐ 1.3 pounds eggplant unpeeled
- ☐ 0.3 cup flat-leafed parsley leaves finely chopped
- ☐ 2 tablespoons chives fresh minced to taste
- ☐ 2 garlic cloves

- ☐ 6 garlic cloves with 1/2 teaspoon coarse salt minced mashed
- ☐ 3 tablespoons golden raisins
- ☐ 0.3 cup olives green pitted chopped
- ☐ 0.5 cup coarsely mozzarella shredded
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 3 tablespoons pinenuts toasted
- ☐ 3 plum tomatoes diced cut into 1/4-inch 1 cup
- ☐ 0.3 cup red wine vinegar
- ☐ 2 ounces ricotta salata salted firm cut into fine dice 1/2 cup sheep's milk cheese
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 2 large shallots sliced thin
- ☐ 1.5 tablespoons sugar to taste
- ☐ 2 cups vine-ripened tomato seeded chopped
- ☐ 10 servings toppings assorted
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Equipment

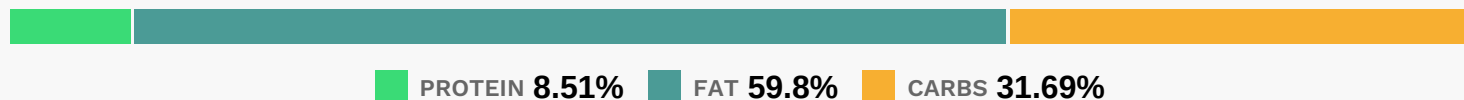
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ serrated knife

Directions

- ☐ Watch how to make this recipe.

- ☐ Prepare grill or preheat broiler. With a serrated knife cut bread crosswise into 1/2-inch thick slices. Grill slices on a rack set about 4 inches over glowing coals for 1 to 1 1/2 minutes on each side, or until golden brown and crisp outside but still soft inside. Alternatively, slices may be broiled in batches under a broiler about 4 inches from heat 1 to 1 1/2 minutes on each side, or until golden. Rub toasts with garlic on one side and lightly brush same side with oil. Toasts may be made 1 week ahead and kept in an airtight container.;
- ☐ In a small skillet cook shallots in oil over moderate heat, stirring, until softened. Stir in tomato and salt and pepper to taste and cook, stirring 30 seconds, or until just heated through. In a bowl toss together tomato mixture with cheese, chives, vinegar, and salt and pepper, to taste, and mound about 1 tablespoon on oiled side of each toast.;
- ☐ Discard coarse stems from greens and wash leaves thoroughly. Coarsely chop the greens (there should be about 6 cups).
- ☐ In a large heavy skillet, cook garlic paste in oil over moderately low heat, stirring, 1 minute.
- ☐ Add greens, salt, and pepper and saute over moderately high heat, stirring, until wilted and tender, about 3 minutes.
- ☐ Pour off any excess liquid.
- ☐ Transfer mixture to a bowl and cool to warm. Stir in mozzarella.
- ☐ In a heavy skillet, heat 2 tablespoons of the oil over moderately high heat until hot but not smoking.
- ☐ Saute the eggplant, stirring, for 3 to 5 minutes, or until tender, and transfer to a bowl. To the skillet add the remaining 2 tablespoons oil and in it cook the onion and the celery over moderate heat, stirring, for 5 minutes.
- ☐ Add the olives, capers, vinegar, sugar, raisins, pine nuts, and tomatoes and cook the mixture, covered, stirring occasionally, for 5 to 10 minutes, or until it is cooked through and the celery is tender.
- ☐ Transfer it to the bowl. Stir in the parsley, let the caponata cool, and chill it, covered, overnight. Season the caponata with salt and pepper.
- ☐ Wine Suggestions: Kendall Jackson Chardonnay Hahn Estates or Glass Mountain Merlot Rosemount Shiraz

Nutrition Facts



Properties

Glycemic Index:63.98, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:18.151739112709%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg, Apigenin: 3.47mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 9.23mg, Kaempferol: 9.23mg, Kaempferol: 9.23mg, Kaempferol: 9.23mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 255.94kcal (12.8%), Fat: 17.76g (27.33%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 15.73g (5.72%), Sugar: 9.3g (10.34%), Cholesterol: 9.47mg (3.16%), Sodium: 311.78mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin K: 175.07µg (166.73%), Manganese: 0.86mg (42.78%), Vitamin A: 1916.22IU (38.32%), Folate: 123.72µg (30.93%), Fiber: 5.46g (21.83%), Vitamin C: 16.48mg (19.98%), Vitamin E: 2.94mg (19.59%), Potassium: 573.05mg (16.37%), Calcium: 125.46mg (12.55%), Phosphorus: 124.11mg (12.41%), Copper: 0.24mg (11.97%), Vitamin B2: 0.2mg (11.48%), Vitamin B1: 0.17mg (11.35%), Vitamin B6: 0.22mg (10.8%), Magnesium: 41.29mg (10.32%), Iron: 1.69mg (9.38%), Vitamin B5: 0.9mg (9.03%), Zinc: 1.34mg (8.96%), Vitamin B3: 1.62mg (8.09%), Selenium: 5.12µg (7.32%), Vitamin B12: 0.22µg (3.73%)