



Eggplant Casserole with Red Pepper Pesto and Cajun Breadcrumbs

 Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

805 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 baby eggplants italian sliced lengthwise
- ☐ 6 slices day old bread italian
- ☐ 0.3 cup canola oil
- ☐ 6 servings canola oil
- ☐ 1 pinch cayenne
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 pound mozzarella cheese fresh thinly sliced for a for 3 hours to remove excess liquid

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 2 cloves garlic smashed
- ☐ 3 cloves garlic
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh
- ☐ 1 teaspoon paprika spanish
- ☐ 0.8 cup parmesan grated
- ☐ 3 tablespoons pinenuts
- ☐ 4 roasted peppers red seeds removed and chopped
- ☐ 0.5 cup spice rub from cajun-rubbed spiced turkey

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill

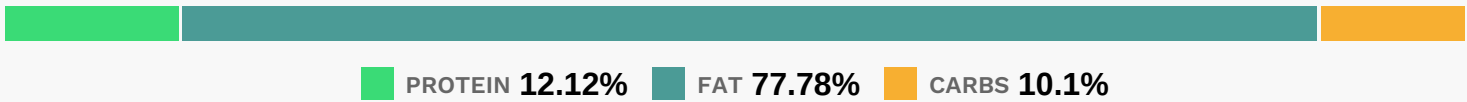
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a charcoal grill to medium-high heat.
- ☐ Brush the eggplant with canola oil on both sides and season with salt and pepper. Grill until lightly golden brown and just cooked through, about 3 minutes per side.
- ☐ Combine the peppers, pine nuts, garlic, and thyme in a food processor and process until coarsely chopped. With the motor running, slowly the cup olive oil and process until

emulsified.

- ☐ Add 1/4 cup Parmesan and some salt and pepper and pulse a few times to incorporate.
- ☐ Spoon about 1/2 cup of the pesto over the bottom of a baking dish. Line the dish with the some eggplant slices and then the mozzarella slices. Season with salt and pepper and scatter the oregano leaves over the top. Dollop another 1/2 cup or so of the pesto over, then more eggplant, a bit more pesto and finally the remaining Parmesan. Put on the grill, cover and bake until the cheese is melted and the casserole is hot, about 20 minutes.
- ☐ Heat the oil in a medium saute pan over medium heat.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the paprika and cayenne and cook for 30 seconds.
- ☐ Add the breadcrumbs and cook, stirring occasionally, until the crumbs are lightly golden brown.
- ☐ Add the parsley and thyme and season with salt and pepper.
- ☐ Heat the olive oil in a heavy skillet over hot coals or over medium heat. Stir in the breadcrumbs (about 2 cups) and the spice rub and toast, stirring, until the crumbs are golden brown and crisp.
- ☐ Remove from the heat, stir in the parsley, and scatter over the casserole.
- ☐ Let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:63.56, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:24.556956488153%

Flavonoids

Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 804.67kcal (40.23%), Fat: 70.79g (108.9%), Saturated Fat: 20.28g (126.72%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 17.71g (6.44%), Sugar: 7.64g (8.49%), Cholesterol: 68.22mg (22.74%), Sodium:

1090.35mg (47.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.65%), Vitamin K: 121.77µg (115.97%), Calcium: 639.11mg (63.91%), Manganese: 1.08mg (53.76%), Vitamin E: 7.47mg (49.82%), Phosphorus: 416.15mg (41.62%), Vitamin B12: 1.87µg (31.23%), Iron: 4.53mg (25.14%), Vitamin A: 1195.73IU (23.91%), Selenium: 16.66µg (23.79%), Vitamin C: 19.42mg (23.54%), Zinc: 3.28mg (21.87%), Vitamin B2: 0.33mg (19.17%), Magnesium: 61.34mg (15.34%), Fiber: 2.98g (11.91%), Vitamin B6: 0.23mg (11.26%), Folate: 41.41µg (10.35%), Copper: 0.19mg (9.59%), Vitamin B3: 1.72mg (8.62%), Potassium: 275.16mg (7.86%), Vitamin B1: 0.11mg (7.32%), Vitamin D: 0.36µg (2.43%), Vitamin B5: 0.24mg (2.37%)