



Eggplant Steaks with Pumpkin, Tomato, and Mushroom Ragoût



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 lb edamame fresh (soybeans in the pod;)
- ☐ 3 large eggplants
- ☐ 1.5 teaspoons rosemary fresh minced
- ☐ 0.8 lb mushroom caps fresh trimmed (discard stems from shiitakes)
- ☐ 1 tablespoon garlic minced

- ☐ 0.8 cup olive oil
- ☐ 1 lb plum tomatoes seeded quartered
- ☐ 0.5 lb shallots quartered
- ☐ 1.5 cups water

Equipment

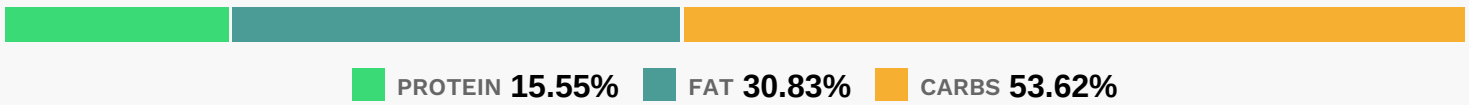
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Toss shallots and tomatoes with 3 tablespoons oil in a large roasting pan and season with salt. Roast until tomatoes are tender but not falling apart, about 25 minutes.
- ☐ Transfer tomatoes only to a large bowl.
- ☐ Add pumpkins with salt to taste to shallots, tossing to coat with oil in pan. Roast until pumpkins are just tender, about 30 minutes, then add vegetables to tomatoes.
- ☐ Reduce oven temperature to 200°F.
- ☐ Straddle roasting pan across 2 burners.
- ☐ Add water and 1/2 cup wine and deglaze by boiling over moderately high heat, stirring and scraping up any brown bits. Reserve liquid.
- ☐ Cook soybeans in boiling salted water until just tender, about 1 minute (3 minutes for lima beans), then drain. When cool enough to handle, shell soybeans, discarding pods.
- ☐ Cut 2 (2-inch-thick) crosswise slices, or "steaks," from thickest part of each eggplant and season generously with salt and pepper. (Reserve remaining eggplant for another use.) Brown 3 eggplant steaks in 3 tablespoons oil in a 12-inch nonstick skillet over moderate heat, about 5 minutes on each side.
- ☐ Add 1/4 cup wine to skillet and simmer, covered, turning once, until eggplant is very tender and wine is absorbed, about 5 minutes total.

- ☐ Transfer to a small roasting pan. (If wine is absorbed before eggplant is tender, add water, a few tablespoons at a time, and continue cooking until tender.) Repeat with remaining 3 eggplant steaks. Keep eggplant warm, uncovered, in oven.
- ☐ Heat remaining 2 tablespoons oil in skillet over moderately high heat until hot but not smoking, then sauté mushrooms with garlic, rosemary, and salt to taste, stirring, until golden and any liquid mushrooms give off is evaporated. Stir in reserved deglazing liquid and simmer until mushrooms are tender, about 10 minutes.
- ☐ Add roasted vegetables and soybeans and cook, stirring, until heated through. Stir in vinegar.
- ☐ Serve eggplant steaks topped with vegetable ragout.
- ☐ •Shallots, tomatoes, and pumpkins can be roasted 3 hours ahead.
- ☐ Transfer to a bowl and keep, covered, at room temperature. •Roasting pan may be deglazed 3 hours ahead.
- ☐ Transfer liquid to a bowl and chill, covered. • Eggplant steaks can be cooked 3 hours ahead.
- ☐ Transfer to a baking pan and chill, covered. Reheat in a 200°F oven while preparing ragout.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:5.58, Inflammation Score:-9, Nutrition Score:21.603478628656%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 248.37kcal (12.42%), Fat: 8.25g (12.7%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 19.9g (7.24%), Sugar: 16.02g (17.8%), Cholesterol: 0mg (0%), Sodium: 26.18mg (1.14%), Alcohol: 4.12g (100%), Alcohol %: 0.92% (100%), Protein: 9.36g (18.73%), Manganese: 1.32mg (65.91%), Folate: 199.97µg (49.99%),

Fiber: 12.4g (49.61%), Potassium: 1203.95mg (34.4%), Vitamin B6: 0.62mg (31.19%), Vitamin K: 27.82µg (26.49%), Vitamin C: 21.15mg (25.63%), Copper: 0.49mg (24.5%), Phosphorus: 232.93mg (23.29%), Vitamin B3: 4.61mg (23.04%), Magnesium: 89.11mg (22.28%), Vitamin B5: 1.85mg (18.46%), Vitamin B2: 0.3mg (17.4%), Vitamin B1: 0.23mg (15.25%), Vitamin E: 2.15mg (14.31%), Vitamin A: 684.77IU (13.7%), Iron: 2.46mg (13.65%), Zinc: 1.82mg (12.13%), Calcium: 75.74mg (7.57%), Selenium: 4.6µg (6.57%), Vitamin D: 0.23µg (1.51%)