



WHATSheATE



Grilled Eggplant and Red Pepper with Israeli Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound eggplant trimmed cut lengthwise into 1/4-inch-thick slices
- ☐ 1 medium garlic clove minced
- ☐ 1 cup regular couscous
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup parsley fresh italian loosely packed coarsely chopped
- ☐ 1 medium bell pepper red cored seeded quartered
- ☐ 1 medium shallots minced
- ☐ 2 teaspoons tahini
- ☐ 3 cups water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ grill pan
- ☐ cutting board

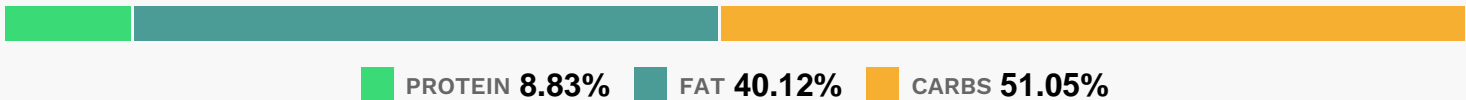
Directions

- ☐ Place the lemon juice and tahini in a large bowl and whisk until smooth.
- ☐ Add the garlic and shallot and stir to combine. While whisking continuously, slowly drizzle in 2 tablespoons of the olive oil until completely incorporated; set aside.
- ☐ Heat 1 tablespoon of the olive oil in a medium saucepan over medium-high heat.
- ☐ Add the couscous and cook, stirring occasionally, until light golden brown and toasted, about 3 minutes. Carefully add the water (the mixture may sputter), season with salt, and bring to a boil. Reduce the heat to medium and simmer until the couscous is tender, about 8 to 10 minutes.
- ☐ Drain well through a fine-mesh strainer. While still warm, add the couscous to the reserved tahini dressing and stir to combine. Taste and season with salt and pepper as needed; set aside.
- ☐ Heat a grill pan or outdoor grill to high (about 450°F to 550°F). Meanwhile, place the eggplant and red pepper slices on a baking sheet and rub both sides with the remaining 1 tablespoon olive oil. Season with salt and pepper. When the grill is ready, place the eggplant and pepper

slices on the grill and cook, uncovered, flipping halfway through, until browned and dark grill marks appear on both sides, about 6 to 8 minutes total for the eggplant and 10 to 12 minutes total for the red pepper.

- ☐
- Transfer to a cutting board. When the vegetables are cool enough to handle, cut them into small dice and add them to the couscous.
- ☐
- Sprinkle with the parsley and stir to combine.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:14.57, Inflammation Score:-7, Nutrition Score:10.9939130441%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 226.64kcal (11.33%), Fat: 10.3g (15.85%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 25.05g (9.11%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 207.68mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin K: 50.24µg (47.85%), Vitamin C: 32.87mg (39.84%), Manganese: 0.46mg (22.91%), Fiber: 4.45g (17.82%), Vitamin A: 851.14IU (17.02%), Vitamin E: 1.87mg (12.44%), Folate: 39.34µg (9.83%), Copper: 0.19mg (9.6%), Vitamin B3: 1.82mg (9.12%), Vitamin B6: 0.18mg (9.02%), Phosphorus: 90.19mg (9.02%), Potassium: 306.31mg (8.75%), Vitamin B1: 0.12mg (8.01%), Magnesium: 31mg (7.75%), Vitamin B5: 0.66mg (6.63%), Iron: 0.92mg (5.11%), Vitamin B2: 0.07mg (4.34%), Zinc: 0.55mg (3.66%), Calcium: 27.78mg (2.78%), Selenium: 0.95µg (1.36%)