



## Grilled Eggplant Stacks with Tomato and Feta

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings garnish: basil leaves fresh shredded finely
- ☐ 2 medium eggplants ()
- ☐ 0.8 cup feta crumbled
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large tomato and 2 tomatoes ( 4 inches in diameter) ()

### Equipment

- ☐ bowl

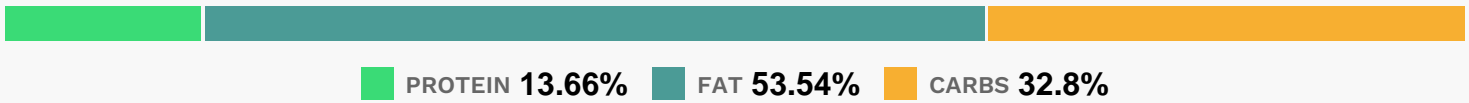
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Blend basil with oil and 1/2 teaspoon salt in blender until finely chopped.
- ☐ Pour into a paper-towel- or coffee-filter-lined sieve set over a bowl and let drain 20 minutes. Gather together sides of towel or filter and press gently on it to extract more oil. (You will have a generous 1/3 cup oil.) Reserve 1 tablespoon basil oil separately for serving. Scrape basil solids into a small bowl and reserve.
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas); see "Grilling Procedure," below.
- ☐ While grill heats, cut off bottoms of eggplants, then cut 6 (1/2-inch-thick) crosswise rounds from each, starting from cut end. Reserve remaining eggplant for another use.
- ☐ Cut 4 (1/3-inch-thick) rounds from large tomato and 2 center slices (1/3 inch thick) from each medium tomato, reserving remaining tomato for another use.
- ☐ Lightly brush eggplant rounds on both sides with basil oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill on a lightly oiled grill rack, covered only if using a gas grill, turning over occasionally, lightly brushing eggplant with more basil oil occasionally if it looks dry, until eggplant is very tender, 6 to 10 minutes. (Leave gas grill on.)
- ☐ On baking pan, arrange 4 largest eggplant rounds side by side and spread each with a generous 1/2 teaspoon of reserved basil solids, then top each with 1 of 4 largest tomato rounds. Season tomatoes with salt and pepper and top each with about 1 tablespoon feta. Make another layer with medium-size eggplant rounds, basil solids, medium tomato rounds, salt, pepper, and feta, then top with remaining eggplant and feta.
- ☐ Set baking pan on grill and cook stacks, with grill cover closed, until heated through and cheese on top is softened, about 3 minutes.
- ☐ Transfer stacks to 4 plates and drizzle plates with reserved basil oil.
- ☐ Grilling Procedure

- ☐ Hot: When you can hold your hand there for 1 to 2 seconds
- ☐ Medium-hot: 3 to 4 seconds
- ☐ Low: 5 to 6 seconds
- ☐ If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- ☐ If you aren't able to grill outdoors, cook eggplant in a hot lightly oiled large (2-burner) ridged grill pan over moderately high heat, turning over once, about 20 to 25 minutes total.
- ☐ Bake stacks in shallow baking pan in a preheated 450°F oven, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:15.326086873594%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 189.55kcal (9.48%), Fat: 12g (18.46%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 8.99g (3.27%), Sugar: 9.3g (10.34%), Cholesterol: 25.03mg (8.34%), Sodium: 327.91mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin K: 48.57µg (46.25%), Manganese: 0.68mg (34.14%), Fiber: 7.54g (30.18%), Vitamin B2: 0.34mg (19.81%), Vitamin A: 972.37IU (19.45%), Potassium: 673.34mg (19.24%), Vitamin B6: 0.36mg (18.02%), Folate: 71.64µg (17.91%), Calcium: 178.03mg (17.8%), Phosphorus: 165.14mg (16.51%), Vitamin C: 12.71mg (15.41%), Copper: 0.25mg (12.61%), Vitamin E: 1.82mg (12.17%), Magnesium: 47.53mg (11.88%), Vitamin B3: 2.11mg (10.54%), Vitamin B1: 0.15mg (10.15%), Vitamin B5: 0.97mg (9.73%), Zinc: 1.32mg (8.79%), Vitamin B12: 0.48µg (7.92%), Selenium: 4.93µg (7.04%), Iron: 1.12mg (6.2%)