



Grilled Marinated Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 2 tablespoons capers drained
- 0.8 pound eggplant thick peeled sliced
- 0.3 cup olive oil extra virgin
- 0.5 cup flat-leaf parsley leaves fresh loosely packed
- 1 medium garlic clove peeled sliced
- 4 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon oregano dried

- 0.3 teaspoon pepper flakes red minced

Equipment

- food processor
- bowl
- plastic wrap
- grill
- grill pan

Directions

- Finely chop the parsley with the capers and garlic.
- Add the oregano and peperoncini and chop everything together.
- Put the mixture in a bowl, stir in the oil, season with salt and pepper, and reserve.
- Preheat an outdoor charcoal or gas grill or a grill pan until smoking hot.
- Put enough eggplant slices on the grill to cover it without crowding. Cook the eggplant until well marked, 3 to 6 minutes, then turn the slices over. Cook until tender, about 3 minutes more.
- Remove the eggplant from the grill.
- Pour the vinegar into a shallow bowl. While still hot, dip each eggplant slice into the vinegar and set it aside on a plate. Continue grilling and dipping the eggplant until all the slices are cooked and seasoned.
- Spoon 2 tablespoons of the parsley mixture onto a platter and spread it evenly with the back of a spoon. Arrange half of the grilled eggplant on the parsley in a single layer. Smear each slice of eggplant with more parsley.
- Place a second layer of eggplant on top and spread the remaining parsley on it. Cover the dish with plastic wrap and set aside to marinate at room temperature for about 2 hours (or refrigerate for longer).
- Serve at room temperature.
- You could make the parsley mixture in a food processor, but I don't. I find hand chopping gives me the somewhat drier texture I prefer.

For this recipe, I don't salt or oil the eggplant; I grill it dry. This way, it has a nice chewy texture. I marinate the eggplant as soon as it comes off the grill so the flavor of the marinade penetrates.

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Nutrition Facts

 **PROTEIN 3.22%**  **FAT 76.42%**  **CARBS 20.36%**

Properties

Glycemic Index:44.75, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:9.8613042598185%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 157.17kcal (7.86%), Fat: 13.78g (21.2%), Saturated Fat: 1.92g (12%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 121.95mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin K: 136.95µg (130.43%), Vitamin E: 2.39mg (15.9%), Vitamin C: 12.26mg (14.86%), Vitamin A: 698.81IU (13.98%), Manganese: 0.27mg (13.4%), Fiber: 3.12g (12.47%), Folate: 31.7µg (7.92%), Potassium: 261.41mg (7.47%), Iron: 1.03mg (5.7%), Copper: 0.1mg (5.23%), Magnesium: 19.64mg (4.91%), Vitamin B6: 0.09mg (4.7%), Vitamin B3: 0.71mg (3.54%), Phosphorus: 29.49mg (2.95%), Calcium: 29.18mg (2.92%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.26mg (1.74%)