



## Grilled Vegetable Antipasto with Herbed Chevre and Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



561 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup balsamic vinegar
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- 6 servings parsley fresh
- 1 tablespoon pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 6 servings safflower oil for oiling the grill
- 6 servings sea salt to taste

- 2 tablespoons basil mixed fresh chopped
- 5 basil fresh very thin cut into strips (chiffonade)
- 1 tablespoon optional: dill fresh chopped
- 0.3 cup herbs: rosemary mixed fresh such as thyme, rosemary, and dill chopped
- 2 tablespoons parsley fresh chopped
- 1 juice of lemon
- 1 crusty baguette thin
- 8 ounce goat cheese
- 0.3 cup olive oil
- 0.5 cup olive oil
- 2 bell pepper red cored seeded cut into 2-inch strips
- 1 onion red cut into 1/2-inch-thick rounds
- 0.3 cup safflower oil
- 6 servings pepper black freshly ground to taste
- 7 spring onion trimmed
- 0.3 cup sun-dried olives
- 2 tomatoes ripe cut into 1/2-inch slices
- 2 tablespoons butter unsalted melted
- 2 to 3 sized squashes yellow cut into 1/2-inch slices lengthwise
- 2 zucchini cut into 1/2-inch slices lengthwise

## Equipment

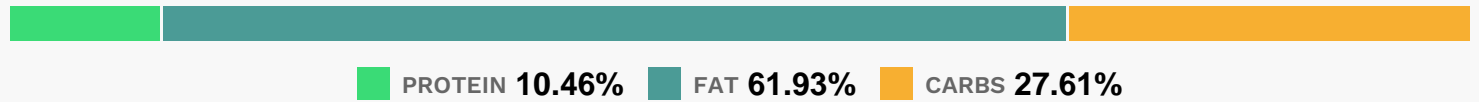
- bowl
- oven
- whisk
- plastic wrap
- baking pan
- grill

# Directions

- Brush the grill grates lightly with the safflower oil. Prepare a hot fire on a gas or charcoal grill.
- Whisk together the olive oil, vinegar, and basil in a small bowl until well blended.
- Brush the zucchini, yellow squash, onion, red bell peppers, and scallions with the olive oil mixture.
- Place the vegetables on the hot grill and cook 3 to 4 minutes per side until crisp-tender. Season with salt and pepper.
- Soak the sun-dried tomatoes in 1 cup hot water, covered, about 5 minutes or until softened.
- Drain and set aside. (Note: Eliminate this step if you are using sun-dried tomatoes packed in oil.)
- Arrange the grilled vegetables, sun-dried tomatoes, and sliced tomatoes on individual plates or a serving platter.
- Add a slice of chevre on the side of the vegetables.
- Drizzle the vegetables with the vinaigrette, and drizzle a little more vinaigrette around the place.
- Garnish with the parsley and basil. Season with additional salt and pepper, if desired, and serve with crostini.
- Makes 25 to 30 crostini
- Preheat the oven to 400 degrees
- Slice the bread on a slight angle into 1/4-inch-thick slices and place on a baking pan in a single layer.
- Mix together the olive oil, butter, parsley, dill and pepper in a small bowl.
- Brush one side of each piece of bread with the butter mixture and sprinkle with the salt. Toast in the oven 10 to 15 minutes, until golden brown and crunchy.
- Let cool completely, then store in an air-tight container up to 1 week.
- Combine the vinegar, lemon juice, herbs, and pepper in a small bowl and stir to mix.
- Slowly add the olive oil and the canola oil and whisk until all the oil is incorporated. Refrigerate in an air-tight container until ready to use or up to 1 week.
- Mix the parsley and pepper together on a plate.

- Roll the chevre log in the mixture, pressing lightly so the seasonings adhere. Wrap in plastic wrap and chill 1 to 2 hours.
- Remove the log from the refrigerator and unwrap.
- Cut into 1-inch slices with string, dental floss, or wire. Keep refrigerated until ready to serve
- Book, using the USDA Nutrition Database

## Nutrition Facts



### Properties

Glycemic Index:120.79, Glycemic Load:18.91, Inflammation Score:-10, Nutrition Score:30.531739229741%

### Flavonoids

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: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 16.9mg, Apigenin: 16.9mg, Apigenin: 16.9mg, Apigenin: 16.9mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

### Nutrients (% of daily need)

Calories: 560.94kcal (28.05%), Fat: 39.44g (60.67%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 34.1g (12.4%), Sugar: 14.85g (16.5%), Cholesterol: 27.42mg (9.14%), Sodium: 619.71mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.97%), Vitamin K: 186.71µg (177.82%), Vitamin C: 97.57mg (118.26%), Vitamin A: 3257.83IU (65.16%), Vitamin E: 7.76mg (51.72%), Manganese: 0.92mg (46.22%), Folate: 137.77µg (34.44%), Vitamin B2: 0.53mg (30.89%), Vitamin B6: 0.6mg (29.8%), Vitamin B1: 0.42mg (27.78%), Copper: 0.55mg (27.63%), Potassium: 906.76mg (25.91%), Iron: 4.49mg (24.92%), Phosphorus: 246.61mg (24.66%), Fiber: 5.47g (21.86%), Vitamin B3: 3.94mg (19.72%), Magnesium: 72.96mg (18.24%), Calcium: 170.57mg (17.06%), Selenium: 9.09µg (12.98%), Zinc: 1.56mg (10.39%), Vitamin B5: 1.01mg (10.05%), Vitamin D: 0.22µg (1.47%), Vitamin B12: 0.08µg (1.33%)