



Grilled Vegetable Antipasto with Herbed Chevre and Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 6 servings parsley fresh
- ☐ 1 tablespoon 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
- ☐ 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

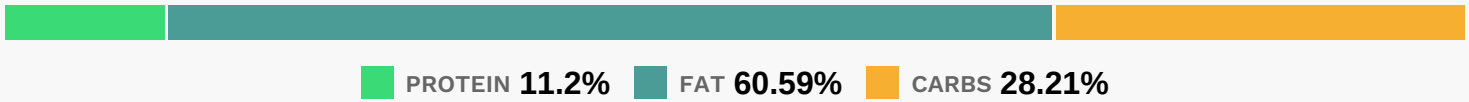
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill

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
- ☐ Taste

Nutrition Facts



Properties

Glycemic Index:107.13, Glycemic Load:17.96, Inflammation Score:-10, Nutrition Score:30.112609153209%

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: 16.89mg, Apigenin: 16.89mg, Apigenin: 16.89mg, Apigenin: 16.89mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg 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: 518.93kcal (25.95%), Fat: 35.83g (55.12%), Saturated Fat: 10.54g (65.89%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 32.16g (11.69%), Sugar: 13.26g (14.73%), Cholesterol: 27.42mg (9.14%), Sodium: 617.13mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Vitamin K: 184µg (175.24%), Vitamin C: 97.57mg (118.26%), Vitamin A: 3256.01IU (65.12%), Vitamin E: 7.24mg (48.24%), Manganese: 0.87mg (43.4%), Folate: 137.72µg (34.43%), Vitamin B2: 0.52mg (30.86%), Vitamin B6: 0.6mg (29.76%), Vitamin B1: 0.42mg (27.76%), Copper: 0.55mg (27.27%), Potassium: 890.39mg (25.44%), Phosphorus: 244.07mg (24.41%), Iron: 4.36mg (24.21%), Fiber: 5.38g (21.52%), Vitamin B3: 3.94mg (19.7%), Magnesium: 71.12mg (17.78%), Calcium: 166.18mg (16.62%), Selenium: 9.07µg (12.96%), Zinc: 1.55mg (10.3%), Vitamin B5: 1mg (10.01%), Vitamin D: 0.22µg (1.47%), Vitamin B12: 0.08µg (1.33%)