



 71%  
HEALTH SCORE

## Grilled Vegetables

 Very Healthy

READY IN



72 min.

SERVINGS



6

CALORIES



599 kcal

SIDE DISH

## Ingredients

- 1 cup chicken broth
- 1.5 cups couscous
- 1 cucumber diced seedless for garnish ( 1 cup cut into 1/4-inch pieces, plus cucumber slices )
- 2 medium eggplants ends trimmed sliced into 1/4-inch-thick rounds
- 2 cups basil leaves fresh packed
- 2 garlic cloves
- 0.5 cup juice of lemon fresh
- 0.3 cup olive oil

- 0.3 cup olive oil extra-virgin
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- 0.3 cup parmesan freshly grated
- 0.3 cup yogurt plain
- 8 plum tomatoes diced seeded for garnish ( 1 cup cut into 1/4-inch dice, plus tomato slices )
- 1 large bell pepper red cored seeded quartered
- 0.5 teaspoon salt
- 6 servings salt and pepper
- 0.8 cup scallion finely chopped
- 0.5 cup walnuts
- 1 cup water
- 2 medium baby squash yellow ends trimmed sliced lengthwise into 1/4-inch-thick pieces
- 3 medium zucchini ends trimmed sliced lengthwise into 1/4-inch-thick pieces

## Equipment

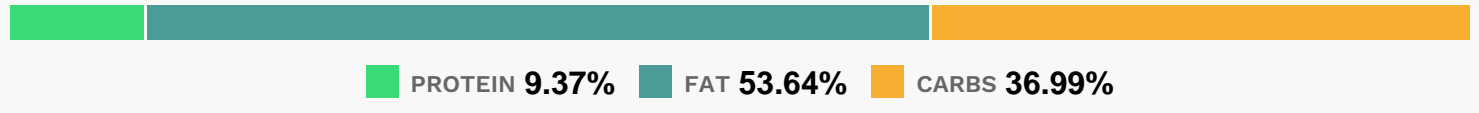
- bowl
- frying pan
- baking sheet
- sauce pan
- grill pan

## Directions

- Preheat grill pan.
- Combine olive oil with salt and pepper.
- Peel the outer slices of the eggplant and zucchini.
- Lay the vegetables on a large baking sheet and brush with olive oil.
- Place vegetables on grill pan, turning just once, until everything is marked with dark stripes, about 10 minutes.
- When done transfer to a large platter.

- Serving suggestions: Couscous Salad and Pesto with Yogurt, recipes follow.
- In a saucepan combine the broth, water, 1/4 cup of the lemon juice, and 2 tablespoons of the oil, bring the mixture to a boil, and stir in the couscous. Cover the pan, remove it from the heat, and let the couscous stand for 5 minutes. Fluff the couscous with a fork and let it cool in the pan.
- In a very large bowl stir together the cucumber pieces, tomato dice, scallion, the remaining 1/3 cup oil, the remaining 1/4 cup lemon juice, and salt, to taste, and let the mixture stand for 15 minutes.
- Add the couscous, stir the salad well, and chill it, covered, for 1 hour. The salad may be made 2 days in advance and kept covered and chilled.
- Serve the salad garnished with cucumber and tomato slices.

## Nutrition Facts



### Properties

Glycemic Index:68.33, Glycemic Load:23.79, Inflammation Score:-9, Nutrition Score:31.511304321496%

### Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

### Nutrients (% of daily need)

Calories: 598.89kcal (29.94%), Fat: 37.13g (57.12%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 57.59g (19.2%), Net Carbohydrates: 46.71g (16.98%), Sugar: 13.99g (15.54%), Cholesterol: 5.89mg (1.96%), Sodium: 652.41mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Vitamin C: 85.47mg (103.61%), Vitamin K: 99.99µg (95.22%), Manganese: 1.57mg (78.74%), Fiber: 10.89g (43.54%), Vitamin A: 2174.13IU (43.48%), Vitamin E: 5.54mg (36.91%), Vitamin B6: 0.71mg (35.44%), Potassium: 1219.24mg (34.84%), Folate: 134.37µg (33.59%), Phosphorus: 295.8mg (29.58%), Copper: 0.58mg (28.99%), Magnesium: 111.85mg (27.96%), Vitamin B2: 0.41mg (24.27%), Vitamin B3: 4.17mg (20.86%), Vitamin B1: 0.31mg (20.68%), Calcium: 180.25mg (18.03%), Vitamin B5: 1.7mg (16.99%), Iron: 2.76mg (15.31%), Zinc: 2.02mg (13.45%), Selenium: 3.33µg (4.76%), Vitamin B12: 0.11µg

(1.87%)