



Layered Picnic-in-a-Jar

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



40

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1.5 cups chickpeas rinsed cooked drained
- ☐ 2.5 cups brown rice cooked
- ☐ 0.5 eggplant cut into 1-inch cubes
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 3 cloves garlic minced

- ☐ 1 cup grape tomatoes halved
- ☐ 3 tablespoons olives green pitted chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 40 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 cups meat from a rotisserie chicken shredded such as leftover rotisserie chicken or 2 cutlets, cooked and cooked
- ☐ 0.5 teaspoon turmeric
- ☐ 0.3 cup white wine

Equipment

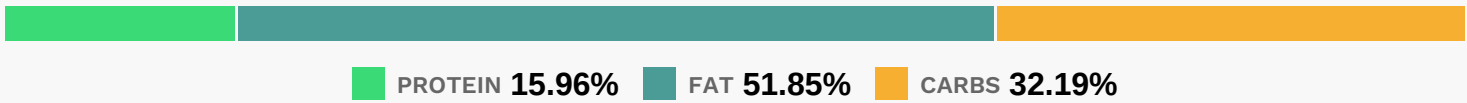
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 4 (1-pint) jam jars
- ☐ Place the rice in a medium bowl. In a small bowl, whisk together the olives, cilantro, oil, vinegar, and salt, and pepper to make a light vinaigrette.
- ☐ Drizzle the dressing over the rice and toss to coat completely.

- ☐ In a large saute pan, heat the olive oil, then add the onions and cook over medium heat until very tender and beginning to brown, about 10 minutes.
- ☐ Add the garlic, ginger, turmeric, cinnamon, cayenne, and lemon zest and cook until fragrant, about 1 minute.
- ☐ Add the chickpeas and stir to coat. Turn the heat up to high and deglaze the pan with the wine.
- ☐ Remove the pan from the heat, season with salt, and pepper, to taste and set aside.
- ☐ Place the eggplant cubes in a colander and salt liberally.
- ☐ Let rest for 20 to 30 minutes and then blot with paper towels. In a large saute pan, heat the olive oil over medium-high heat and cook the onions until tender.
- ☐ Add the blotted eggplant. The eggplant will absorb the oil, but only add more if the eggplant is very dry. Cook for 5 minutes on medium heat, turning occasionally.
- ☐ Add the garlic, and lower the heat, adding a little more oil, if necessary. Season the mixture with salt, and pepper, to taste and cook until the eggplant is tender, about 3 or 4 more minutes.
- ☐ Add the tomatoes and cook for a minute to soften just a little and force the juices to release. Turn off the heat. Season with salt, and pepper, and set aside.
- ☐ Layer the ingredients decoratively in 4 jam jars starting first with the rice, followed by chick peas, eggplant, chicken, and topped with another layer of rice. Cover and refrigerate for 2 hours or overnight to prepare for picnic.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:2.6291304269563%

Flavonoids

Delphinidin: 4.91mg, Delphinidin: 4.91mg, Delphinidin: 4.91mg, Delphinidin: 4.91mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 68.87kcal (3.44%), Fat: 3.95g (6.07%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.49g (1.63%), Sugar: 0.69g (0.76%), Cholesterol: 5.25mg (1.75%), Sodium: 15.83mg (0.69%), Alcohol: 0.15g (100%), Alcohol %: 0.46% (100%), Protein: 2.73g (5.47%), Manganese: 0.25mg (12.28%), Vitamin B3: 0.82mg (4.09%), Fiber: 1.02g (4.09%), Phosphorus: 37.09mg (3.71%), Vitamin B6: 0.07mg (3.61%), Vitamin E: 0.54mg (3.58%), Folate: 13.64µg (3.41%), Magnesium: 11.82mg (2.95%), Selenium: 2.04µg (2.92%), Vitamin K: 2.91µg (2.77%), Copper: 0.05mg (2.35%), Iron: 0.41mg (2.29%), Potassium: 73.94mg (2.11%), Zinc: 0.3mg (2.03%), Vitamin B1: 0.03mg (1.96%), Vitamin B5: 0.16mg (1.6%), Vitamin C: 1.16mg (1.41%), Vitamin B2: 0.02mg (1.18%)