

Grilled Eggplant & Tomato Stacks

From EatingWell: July/August 2010

Makes: Makes 6 servings

Active Time: 25 minutes

Total Time: 25 minutes

NUTRITION PROFILE

Diabetes appropriate | High fiber | Low calorie | Low carbohydrate | Low cholesterol | Low sodium | Gluten free |

Ingredients:

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided

1 medium eggplant (3/4-1 pound), cut into 6 rounds about 1/2 inch thick

1/2 teaspoon coarse salt, divided

6 teaspoons prepared pesto

2 large beefsteak tomatoes, each cut into 3 slices about 3/4 inch thick

4 ounces fresh mozzarella, cut into 6 thin slices

6 fresh basil leaves

1 tablespoon balsamic vinegar

1/4 teaspoon freshly ground pepper

PREPARATION

Preheat grill to medium-high or place a grill pan over medium-high heat until hot.

Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with 1/4 teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.

Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.

Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining 1/4 teaspoon salt and pepper.

TIPS & NOTES

Make Ahead Tip: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving.



NUTRITION

Per serving: 145 calories; 11 g fat (4 g sat, 6 g mono); 17 mg cholesterol; 7 g carbohydrates; 0 g added sugars; 6 g protein; 3 g fiber; 323 mg sodium; 309 mg potassium.

Nutrition Bonus: Vitamin C (15% daily value)

Carbohydrate Servings: 1/2

Exchanges: 1 vegetable, 1/2 high fat meat, 1 fat