

Grilled Eggplant and Tomato Stacks

You can grill the eggplant rounds up to a day in advance, then assemble the eggplant, tomato and mozzarella “stacks” at the last minute. To make the eggplant and tomato stacks look symmetrical, use eggplant and tomatoes with approximately the same diameter.

Makes 6 servings

- 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

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

How to get the bitterness out of Italian eggplant by salting –

Cut the eggplant into the slices or cubes called for in a recipe.

Arrange the pieces in a single layer, skin-side down, on a cutting board or plate.

Sprinkle salt over the eggplant slices and set aside for at least 30 minutes. The salt will draw the bitter-tasting liquid out of the eggplant flesh.

Wipe the surface of the eggplant with paper toweling to remove the liquid. If desired, rinse the eggplant under cool water to remove the salt.

Prepare the eggplant according to your recipe, omitting any additional salt.