
EGGPLANT CAPRESE STACK

Gluten-Free, Nut-Free, Egg-Free, Vegetarian

Yield: 6 servings **Total time:** 25 minutes



D'LISH

Ingredients

- 1 eggplant, cut into 6 round slices
- 2 tomatoes, cut into 3 thick slices
- 4 oz fresh mozzarella, cut into 6 thin slices
- 6 fresh basil leaves
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 lemon, zest and squeezed
- 1/4 tsp black pepper

Directions

1. Prep ingredients: wash and cut eggplant and tomatoes. Cut mozzarella. Zest and squeeze lemon. Set ingredients off to the side.
2. Make your dressing: Combine 1 tbsp olive oil, 1 tbsp balsamic vinegar and lemon juice with a whisk until combined.
3. Preheat your grill to medium-high heat OR Place a grill pan on the stovetop over medium-high heat. Use 1 tbsp of oil to brush both sides of eggplant slices. Grill the eggplant slices for 5 minutes. Turn and continue grilling until tender and marked with grill lines, about 5 more minutes. Transfer to a large platter.
4. Top each eggplant slice with a slice of tomato, a slice of mozzarella and a basil leaf.
5. Drizzle balsamic dressing over each stack, sprinkle with black pepper and lemon zest. Serve.

Grocery List

- Eggplant
- Tomatoes
- Mozzarella
- Basil leaves
- Balsamic vinegar
- Olive oil
- Lemon
- Black pepper

Kitchen Equipment

- Cutting board
- Chef's knife
- Measuring spoons
- Microplane
- Citrus squeezer
- Grill pan
- Large platter
- Whisk
- Tongs

Per serving: Calories: 127; Total Fat: 8g; Saturated Fat: 3g; Sodium: 96mg;
Total Carbohydrates: 9g; Fiber: 2g; Protein: 5g

Prep tip

- To make the eggplant and tomato stacks look symmetrical, use eggplant and tomatoes with approximately the same diameter.
- If you don't have a grill OR grill pan, you can use a cast iron skillet or frying pan to cook the eggplant using the same cooking method above.

Spotlight Ingredient: Eggplant

- Eggplants belong to the nightshade family and are technically a fruit although they are often considered a vegetable.
- Although eggplant is available year-round at grocery stores, they are at their peak from July to October. During these months look for them at your local farmer's markets.
- When buying eggplant, look for eggplant with firm, glossy skin that is uniform in color. Smaller eggplants tend to be sweeter and less bitter. To test for ripeness, lightly press a finger against the skin. If it leaves an imprint, the eggplant is ripe.
- There are many different varieties of eggplants ranging in size and color. Eggplants with deep purple skin are the most common but they can be red, green or black.
- Eggplant is a high-fiber, low-calorie food that is rich in nutrients and comes with many potential health benefits- may reduce the risk of heart disease, help reduce blood sugar levels, protect against cellular damage, and promote healthy digestion.

Notes