



Eggplant Purses

A great appetizer, but be sure to eat right away because they do not hold well.

U.S.

2 each	Eggplant, sliced 1/4" thick, lengthwise
1/2 cup	Balsamic Vinegar
1/2 cup	Goat Cheese or other soft cheese
1/2 bunch	Basil, fresh

Metric

2 each
118.3 mL
113.4 g
1/2 bunch

Preparation:

1. Gather all ingredients and equipment.
2. Take the eggplant slices, and press them between paper towels to remove excess moisture. This may have to be done several times.
3. Meanwhile, place the balsamic vinegar in a small saucepot on medium-low heat. Let reduce by half, or thick enough to drizzle.
4. Lay the eggplant slices out on a sheet pan. Place a tablespoon of cheese in the center of each slice, and top with a large basil leaf.
5. Wrap the eggplant up, placing the ends on the bottom so it does not unfold.
6. When the balsamic reduction is ready, drizzle over eggplant purses and serve.

Nutrition Facts

6 Servings

Serving size **2 purses**

Amount per serving

Calories **110**

Calories from Fat 35

Total Fat 4 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 15 mg

Sodium 85 mg

Total Carbohydrate 15 g

 Dietary Fiber 6 g

 Total Sugars 8 g

 Includes 0 g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 2 %

Iron 6 %

Potassium 452 mg

Phosphorus 51 mg