

## Eggplant Sliders

A vegetarian option that works great at barbeques.

<b>U.S.</b>		<b>Metric</b>
1 medium	Eggplant, sliced into 1" thick rounds	1 medium
2 each	Tomato, globe, sliced into 1/4" thick rounds	2 each
1 Tbsp	Olive Oil	15 mL
2 tsp	Sherry Vinegar	10 mL
1/4 tsp	Salt	1.2 g
To taste	Black Pepper, ground	To taste
1 tsp	Oregano, fresh, chopped	4.7 g
5 1/2 Tbsp	Basil Pesto (see recipe)	80 g
1 oz	Feta cheese, crumbled	30 g
8 each	Sandwich Thins, Whole Wheat	8 each

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat grill or broiler to medium-high heat.
3. Lay the eggplant and tomatoes out on a sheet tray. Rub the olive oil, vinegar, oregano, and salt and pepper on to the eggplant and tomatoes.
4. Place the seasoned eggplant and tomato slices on the grill or under the broiler and cook until browned, about 2-3 minutes per side.
5. Remove from heat. Start building the sliders with basil pesto, a slice of tomato, and a slice of eggplant. Finish with a 3/4 teaspoon of feta cheese on each slider.

---

## Nutrition Facts

---

8 Servings

**Serving size**                      **1 slider**

---

**Amount per serving**

**Calories**                              **170**

Calories from Fat                      50

**Total Fat**                              6 g

    Saturated Fat                      1 g

    Trans Fat                              0 g

    Monounsaturated Fat              1.5 g

**Cholesterol**                          5 mg

**Sodium**                                  290 mg

**Total Carbohydrate**              27 g

    Dietary Fiber                      8 g

    Total Sugars                      5 g

        Includes 0 g Added Sugars

**Protein**                                  7 g

Vitamin D                              1 %

Calcium                                  4 %

Iron                                        4 %

Potassium                              255 mg

Phosphorus                              45 mg

---