



Eggplant Sliders

A vegetarian option that works great at barbeques.

U.S.

1 medium	Eggplant, sliced into 1" thick rounds
2 each	Tomato, globe, sliced into 1/4" thick rounds
1 Tbsp	Olive Oil
2 tsp	Sherry Vinegar
1/4 tsp	Salt
To taste	Black Pepper, ground
1 tsp	Oregano, fresh, chopped
5 1/2 Tbsp	Basil Pesto (see recipe)
1 oz	Feta cheese, crumbled
8 each	Sandwich Thins, Whole Wheat

Metric

1 medium
2 each
15 mL
10 mL
1.2 g
To taste
4.7 g
80 g
30 g
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**

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 0g Added Sugars	
Protein	7 g
Vitamin D	1 %
Calcium	4 %
Iron	4 %
Potassium	255 mg
Phosphorus	45 mg
