

EGGPLANT NAPOLEONS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1 eggplant napoleon stack)

Nutrition (per serving)

Calories: 179

Total Fat: 12 g

Saturated Fat: 4 g

Sodium: 46 mg

Total Carbohydrate: 12 g

Dietary Fiber: 3 g

Total Sugars: 5 g

Protein: 7 g

Ingredients

- 1 medium eggplant
- 3 large ripe tomatoes
- 8 ounce block of mozzarella
- 1 bunch of fresh basil
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- Salt and pepper to taste



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Directions

1. With a knife, cut eggplant, tomato, and mozzarella into 1/4 inch slices. Set aside.
2. Brush both sides of the sliced eggplant with olive oil.
3. Grill eggplant slices over medium heat until tender.
4. Layer 1 slice of eggplant followed by tomato and mozzarella. Top with one basil leaf.
5. Drizzle each stack with 1.5 teaspoons of balsamic vinegar and 1 teaspoon olive oil.
6. Sprinkle with salt and pepper to taste.
7. Enjoy immediately!