

## EGGPLANT AND HERBED GOAT CHEESE NAPOLEON



Serves 2

- o nonstick cooking spray
- o 1 medium eggplant
- o 4 ounces goat cheese
- o 2 tablespoons fresh thyme leaves
- o 2 tablespoons fresh parsley, finely chopped
- o ½ cup balsamic vinegar
- o 1 tablespoon extra virgin olive oil
- o kosher salt
- o freshly ground black pepper

Preheat oven to 400 degrees.

Wash the eggplant and slice in 1/4-inch rounds (you will want 8 slices of eggplant). Lay eggplant slices on a paper towel and lightly sprinkle with kosher salt. Let the eggplant sit while you prepare the goat cheese.

Slice the goat cheese log evenly into 6 rounds. In a small bowl, combine the thyme leaves and chopped parsley. Lightly coat the goat cheese rounds with the fresh herbs and set aside.

Place eggplant slices in a single layer on a cookie sheet lined with heavy duty aluminum foil and coated with nonstick cooking spray, drizzle with 1/2 tablespoon of olive oil and sprinkle with pepper. Place in oven. Roast eggplant for 10 minutes or until tender and golden brown.

While the eggplant cooks, place the balsamic vinegar in a small pan and simmer over medium heat for approximately 5 minutes or until it has reduced by half, is syrupy and easily coats the back of a spoon. (Watch carefully as this can happen fast!) Remove from heat to keep from getting too stiff and sticky.

Remove eggplant from oven. Let cool slightly.

To assemble, place one eggplant round on a small salad plate, top with an herbed goat cheese round. Continue layering until you have a “tower” made up of 4 eggplant slices and 3 goat cheese rounds per serving. Drizzle with remaining ½ tablespoon olive oil and balsamic syrup. Sprinkle with any remaining fresh herbs. Serve warm. The cheese will melt slightly between the layers of eggplant...YUM!