

Stuffed Eggplant*

(Makes 4 servings)

Ingredients:

- 1 ½ cup whole grain bread crumbs
- 2 eggplants
- 2 tomatoes, diced
- ½ cup green bell pepper, diced
- ½ cup onion, diced
- 1/3 cup celery, diced
- 1/8 tablespoon salt
- ¼ tablespoon black pepper
- 2 tablespoons fresh parsley, minced
- 2 tablespoons parmesan cheese
- Vegetable cooking spray

* Skip the parmesan cheese for a vegan meal!



Directions:

- 1) Preheat oven to 350 degrees. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch thick (can trim a small piece off the bottom of each shell so it won't tip over). Set aside.
- 2) Coat large skillet with vegetable spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion, celery, salt, and black pepper. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove from heat.
- 3) Stir in bread crumbs and parsley. Spoon mixture into hollowed eggplant shells.
- 4) Arrange stuffed shells in a shallow baking dish, coated with vegetable spray. Sprinkle 1-1/2 teaspoon of parmesan on top of each shell.
- 5) Bake 25 minutes, until filling heats through and top is golden brown.

Nutritional Analysis: (per serving)

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| ▪ Calories: 100 | ▪ Sodium: 90 mg |
| ▪ Total Fat: 1.5 g | ▪ Total Fiber: 5 g |
| ▪ Saturated Fat: 0 g | ▪ Protein: 6 g |
| ▪ Cholesterol: 0 mg | ▪ Carbohydrates: 16 g |

Source:

CDC "Fruit & Veggies Matter", available at: www.clevelandclinicwellness.com