



ROASTED AND STUFFED EGGPLANT

Delicious vegetarian casserole are delicious and practical. Freezer friendly it can be packed in individual meal for grab and go in the morning

 30 minutes

 1 hour and 15 minutes

 4 portions

INGREDIENTS

- 2 units, unpeeled (approx 1-1/4 lb) of eggplant, raw [1096 g]
- 2 tsps of oil, olive, salad or cooking [9 g]
- 1 spray, about 1/3 second [1 NLEA serving] of oil, PAM cooking spray, original [0 g]
- 1 large unit of onions, chopped raw [150 g]
- 1 large unit [7-1/4" to 8-1/2" long] of carrots, raw [72 g]
- 3 cloves of garlic, raw [9 g]
- 1 cup of slices of mushrooms, portabella, grilled [121 g] - equivalent of 3 medium caps
- 2 tbsps of parsley, fresh [8 g]
- 2 tsps of thyme, fresh [2 g]
- 1 tsp of salt, table [6 g]
- 1/2 tsp, ground of spices, pepper, black [1 g]
- 150 grams of naturally steam peeled diced tomatoes

COOKING METHOD

- 1° Preheat oven to 400F
- 2° Rub cut sides of eggplants with oil. place on a non stick baking sheet cut -sides up Bake for 20-25 min [Eggplant should not be cooked entirely through] Remove from oven and flip over with a spatula. let cool on baking sheet leave oven on
- 3° Meanwhile, coat a large non stick skillet with cooking spray and heat over medium -high heat. add onions, carrot and peppers, saute until soft and slightly browned, about 10 min increase heat to high and continue to roast until mushroom soften and release their juices , about 5-7 min Remove from heat and stir in parsley and thyme, season to taste with salt and pepper
- 4° Scoop out flesh of cooled eggplant with a soup spoon , leaving about a 1/4 inch of eggplant flesh in skin coarsely chop flesh and add to mushroom mixture. mix well
- 5° fill each eggplant shell with about 1.5 cups of filling place stuffed eggplant shells in a nonstick pan Spoon 0.5 cup of peeled tomato over each stuffed eggplant shell bake for 15 min , remover from oven and let cool.
- 6° Yeald half stuffed eggplan per serving

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [406 g] | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 34 kcal | 137 kcal | 7 % |
| FAT | 1 g | 3 g | 5 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 0 g | 2 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 168 mg | 681 mg | 28 % |
| CARBOHYDRATE | 6 g | 26 g | 9 % |
| SUGARS | 3 g | 14 g | — |
| FIBER | 3 g | 11 g | 44 % |
| PROTEIN | 1 g | 5 g | — |