



## Roasted and Stuffed Eggplant

Enjoy leftovers for lunch or a meal later in the week.

Serves 4

2 medium raw eggplant, sliced lengthwise (do not peel)  
2 tsp. olive oil  
cooking spray  
1 large onion, chopped large chunks  
1 large carrot, chopped large chunks  
2 medium red peppers, chopped large chunks  
3 large garlic cloves, chopped large chunks  
1 cup mushrooms, chopped  
½ C. green olives, chopped (optional)  
2 Tbsp. parsley, fresh, chopped  
1 tsp dried thyme (1 Tbsp. fresh)  
Salt and pepper to taste  
15 oz. canned tomato sauce, or 2 C. homemade tomato sauce  
2 Tbsp. low fat shredded mozzarella cheese

- Preheat oven to 400°F.
- Rub cut sides of eggplants with oil. Place on a nonstick baking sheet cut-sides up. Bake for 20 to 25 minutes (eggplant should not be cooked entirely through). Remove from oven and flip over with a spatula; let cool on baking sheet. Leave oven on.
- Coat a large nonstick skillet with cooking spray. Add onions, carrot and peppers. Over medium-high heat, Sauté until soft and slightly browned, about 5 to 7 minutes. Add garlic and mushrooms. Increase heat to high and continue to sauté until mushrooms soften and release their juices, about 5 to 7 minutes. Remove from heat and stir in parsley, thyme and green olives; season to taste with salt and pepper.
- 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.

- Fill each eggplant shell with about 1 1/2 cups of filling. Place stuffed eggplant shells in a nonstick 9 X 13-inch pan. Spoon 1/2 cup of tomato sauce over each stuffed eggplant shell. Top each eggplant half with shredded mozzarella. Bake for 15 minutes, remove from oven and let cool. Yields one stuffed eggplant half per serving.
- **Freezing and thawing instructions:** Freeze in individual containers. When ready to eat, thaw and microwave. Or, thaw and reheat for about 15 to 20 minutes in a 350°F oven.

Nutrition information:

Total Calories: 260

Saturated fat: 2.6g

Dietary Fiber: 11g

Total Fat: 9g

Total Carbohydrates: 43g

Protein: 9g