

# STUFFED EGGPLANT



## INGREDIENTS:

- 1 lb lean ground turkey or beef or 1 block high protein tofu
- 1 6oz can tomato paste
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tbsp olive oil
- 2 tbsp chopped parsley
- 2 tbsp chopped sage
- 2 garlic cloves
- 1 small onion
- 1 small bell pepper
- 1 small-medium eggplant

## TOPPINGS:

- 1 tbsp sun-dried tomatoes
- 1 tbsp fat free cheese (feta in the picture)

## DIRECTIONS:

1. Preheat oven to 350
2. Mix your protein of choice with the tomato paste, cumin, and salt. Cook on the stove-top until fully cooked, set aside
3. Chop the onion, fresh herbs, garlic, and bell pepper. Set aside
4. Cut the eggplant lengthwise. Use a spoon to scoop out the flesh, leaving ~1/2 inch on the sides
5. Cut the scooped eggplant into smaller chunks, set aside with the rest of the veggies
6. Heat a pan on medium-high heat. Once pan is hot add the oil, coat the pan with it. Add the onions to the hot pan, cook until translucent
7. Add the garlic and fresh herbs, mix well. Add the eggplant chunks and cook until it begins to soften, then add the cooked protein and bell pepper. Mix and cook for ~5 minutes
8. Scoop the mixture into the eggplant halves, bake in the oven for ~40-50 minutes. Top with sun-dried tomatoes and low fat cheese of choice

Enjoy!

Makes 4 Servings | 1 Serving = 1/4 Stuffed Eggplant  
Calories: 334 | Protein: 33 g | Carbs: 27 g | Fat: 12 g | Fiber: 8 g