

Stuffed Eggplant

Makes
8 servings

Prep time
35 minutes

Cook time
15 minutes

Good source of
Fiber
Protein

Ingredients:
4 medium eggplants
2 Tbsp. vegetable oil, divided
3 cloves garlic, minced
1 medium onion, finely chopped
1 16 oz. ground turkey
1 tomato, diced
1 tsp. salt
¼ tsp. black pepper
1 cup breadcrumbs
1 egg, beaten
Toasted breadcrumbs for coating

Nutrition Facts

8 servings per container
Serving size 1 half eggplant (310g)

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 420mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 34mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Stuffed Eggplant

Directions:

1. Cut eggplants in halves, lengthwise. Parboil in lightly salted water, but do not overcook.
2. Remove from heat. Strain under cold water. Scoop out and reserve some of the soft pulp, leaving a firm shell.
3. In a skillet over medium heat, add 1 Tbsp. oil. Sauté garlic and onion about 3-4 minutes.
4. Add turkey and brown, about 5 minutes. Add diced tomato, salt and black pepper, and cook an additional 10 minutes.
5. Add eggplant pulp and cook until liquid is reduced.
6. Remove from heat. Add breadcrumbs and mix thoroughly. Additional salt and black pepper can be added to taste.
7. Divide mixture into eight and fill eggplant halves. Brush top of stuffed eggplant with beaten egg, and sprinkle with toasted breadcrumbs to create a crust.
8. In skillet, heat 1 Tbsp. oil and fry bottom of eggplants until brown, about 3-5 minutes. Flip and repeat on other side until golden brown. Serve hot.

