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DIET CENTER

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MEDITERRANEAN STUFFED EGGPLANT

Advanced Lifestyle

Ingredients

3/4 cup brown rice	1/4 cup sliced black olives
1-1/4 cups vegetable or chicken broth	1/4 cup chopped scallions
2 small eggplants, halved lengthwise	1/4 cup chopped fresh oregano or 2 TBS dried
1/4 cup dry-pack sun-dried tomatoes	1/2 cup (2-1/2 oz.) crumbled Feta cheese
2 TSP olive oil	3 TBS lemon juice
1 onion, chopped	1/2 TSP Morton's Lite salt
1 garlic clove, minced	1/8 TSP ground black pepper

Instructions

1. In a medium saucepan, combine rice and broth. Heat to boiling over high heat. Reduce heat to low, cover and simmer 40 to 45 minutes, or until rice is tender.
2. Preheat the oven to 350°. Lightly coat a baking sheet with nonstick spray.
3. Cut out flesh from eggplants. Cube flesh and place in a colander. Lightly salt cubes and set the colander in the sink to drain 15 minutes. Rinse and place in a large bowl.
4. Place eggplant shells, cut side down, on the prepared baking sheet. Sprinkle 1 TBS water all over shells. Bake 10 minutes. Cool.
5. Soak tomatoes in hot water 10 minutes, or until soft. Drain, chop, and add to cubes.
6. Warm oil in a large skillet over medium heat. Add onion and garlic. Cook 10 minutes, or until vegetables are tender. Add to eggplant cubes with olives, scallions, oregano, rice, 1/4 cup cheese, lemon juice, salt and pepper. Mix well. Use to stuff each eggplant shell. Top with remaining 1/4 cup cheese.
7. Place stuffed shells on the prepared baking sheet. Bake 25 to 30 minutes, or until hot and cheese is lightly browned.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 stuffed shell = 2 V, 1/2 G, 1 FT