



By *Jessika Morgan*

Stuff It Eggplant

Ingredients:

- 1 large eggplant
- 1/2 pound lean ground turkey or chicken
- 3 tablespoons olive oil divided
- Salt and freshly ground black pepper
- 1 onion, small diced
- 1 red pepper, small diced
- 3 cloves garlic, minced
- 1/2 cup freshly chopped parsley leaves
- 1/2 cup freshly chopped basil leaves, chopped
- 1 1/4 cup grated Pecorino Romano, divided
- 2 egg whites
- 2 tomatoes (chopped)

Directions:

Preheat oven to 350 degrees.

Cut the eggplant in half and scoop out the center, leaving enough meat inside the skin so that it holds its shape when baked. Boil the scooped-out center part until very soft, about 10 minutes.

Meanwhile, in a medium sauté pan heat one tablespoon olive oil over medium heat. Season the ground meat with salt and pepper. Add the seasoned meat to the pan and sauté until meat begins to brown slightly. Drain the meat removing the extra, unnecessary fat. Let cool. In another medium sauté pan over medium heat add the remaining 2 tablespoons olive oil and sauté the onions, peppers and garlic together.

In a bowl mix together the cooked eggplant, vegetables, cooked meat, herbs, one cup of the cheese, and egg whites. Fill the scooped-out eggplant halves with this mixture, dividing it evenly among the 2 halves.

Top with chopped tomatoes and the remaining 1/4 cup of grated cheese, season with salt and pepper, place on a greased baking dish, and bake for 50 minutes at 350.

Enjoy!

Discover more of Jessika Morgan's recipes at www.GoWithTheStar.com!