

# spicy stuffed eggplant

Serves: 4-6

Prep and Cook time: 1 hour

Per serving: 447 calories, 31 g fat, 574 mg sodium

1 medium eggplant  
(one pound)

3/4 cup bread crumbs

1/4 tsp basil  
(optional)

1 pound hamburger

2 TBS chopped salad  
peppers (similar to banana  
peppers)

1/2 tsp salt

3 TBS olive oil

2 TBS lemon juice

1/2 cup shredded  
provolone

1/3 cup chopped onion

1 clove garlic minced, or 1  
tsp bottled minced garlic

1 tsp parsley  
(optional)

1/4 cup chopped black  
olives

1. Preheat oven to 350° F.
2. Cut eggplant in half lengthwise. Place it face down in microwave and cook on high for ten minutes.
3. Allow eggplant to cool slightly, then scoop out the center with a spoon onto a cutting board, leaving a 1/4" thick shell.
4. Chop the eggplant flesh and transfer to a skillet over medium heat with 3 TBS olive oil. Add the hamburger, onion and garlic until onion is translucent. Add the bread crumbs, olives, salad peppers, lemon juice, basil, cheese, and salt. Stir thoroughly.
5. Put eggplant shells on cookie sheet and fill the shells with the meat mixture. Cook for 25 to 30 minutes, until the top is browned.
6. Remove from oven and garnish with freshly chopped parsley.

