

Mediterranean Stuffed Eggplant

Servings: 2

INGREDIENTS

Amount	Item
2	Small Eggplants
2 oz.	Small White Onion Diced
2 oz.	Small Zucchini Diced
2 oz.	Small Yellow Squash Diced
2 tbsp	Olive Oil
1	Garlic Clove Diced
2 tbsp	Salt and pepper
1 tbsp	Italian Seasoning
2 tbsp	Parmesan Cheese
2 tbsp	Cooking Oil

METHOD

Cut the top off one eggplant then cut in half longways. Hollow out both halves to create a bowl. Drizzle a little olive oil over both, place on a baking sheet and cook for 10 minutes at 350 degrees. Peel and dice the other eggplant. Sauté the squash, zucchini, diced eggplant, and garlic for 2 minutes. Add the seasonings to the mix. Fill the hollowed out eggplants with the mix and top with parmesan cheese and a drizzle of olive oil. Bake at 350 degrees for another 10 minutes. Serve and Enjoy!

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