

Grilled Stuffed Eggplant

Ingredients:

3 small eggplants, halved lengthwise
¼ cup seasoned dry bread crumbs
2 tbsp. onion, chopped
1 ½ tbsp. fresh basil, chopped fine
3 plum tomatoes, finely chopped
1 tbsp. chopped parsley
4 cloves garlic, minced
¼ tsp. salt-free herb seasoning
¼ tsp. ground black pepper
2 tbsp. olive oil
½ tsp. salt

Nutrition Facts Serving Size 1/2 eggplant (325g) Servings Per Container 6

Calories from Fat 50

% Daily Value*

9%

5%

0%

13%

7%

Amount Per Serving

Calories 140

Total Fat 6g

Saturated Fat 1g

Total Carbobydrate 22g

Trans Fat 0g
Cholesterol 0mg

Sodium 300mg





Directions:

- Cut the eggplant in half and scoop out the center and place in a medium bowl, leaving enough meat inside the skin so that it holds its shape when baked.
- 2. Preheat grill to medium-high.
- 3. Add bread crumbs, tomatoes, parsley, garlic, herb seasoning and pepper to the eggplant in bowl. Stir to mix.
- 4. Stuff mixture tightly into each eggplant half. Drizzle with oil.
- Place eggplant halves on a disposable aluminum foil pan & set on the grill. Cover and grill 20-25 minutes, or until eggplant is soft and the top is golden and crisp.

Total Carbonyurate 229 770			1 70
Dietary Fi		40 %	
Sugars 8g	3		
Protein 4g			
Vitamin A 8%		Vitamin (2004
Vitamin A 07	•	vitamint	J ZU 70
Calcium 4%	•	lron 6%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	m: Carbohydrate	e4 • Prote	