

Stuffed Eggplants

Serves: 4

Ingredients

2 small eggplants (1 ½ lbs. total)	¼ tsp. fresh ground black pepper
¼ packed chopped basil	1 tbsp. olive oil
1 cup chopped onion	¼ tsp. salt
1 tbsp. balsamic vinegar	14 oz. diced canned/fresh tomatoes
2 cloves garlic, minced	

Preheat oven to 350 degrees. Prepare a cookie sheet and medium skillet with nonstick cooking spray.

Cut eggplant in half lengthwise. Place them cut side down on cookie sheet. Bake until tender, about 10-15 minutes.

Remove pulp from eggplant, leaving ¼-inch shell. Coarsely chop pulp. Reserve shells.

Sauté onion and garlic in oil in prepared skillet over medium heat until tender, about 5 minutes. Add eggplant pulp; continue to sauté 3-4 minutes longer. Add drained tomatoes; cook 2 minutes. Stir in vinegar, pepper, and salt. Spoon mixture into eggplant shells and heat through if serving warm. Serve warm or at room temperature.

Per serving: 103 calories, 4 g total fat (1 g saturated fat), 0 mg cholesterol, 159 mg sodium, 2 g protein, 17 g carbohydrate, 5 g dietary fiber