

Baked Eggplant with Quinoa Stuffing

Active Time: 20 minutes | Total Time: 1 hour | Serves: 4

Nutrition Information Per Serving

289.8 calories, 41.47 g carbohydrate, 9.58 g fiber, 31.89 g NET carbs, 9.54 g protein, 10.85 g fat

Ingredients

- 1/2 cup(s), chopped organic carrot
- 1 cup, chopped organic celery
- 1 cup organic quinoa
- 1 3/4 cup(s) boiling water
- 2 Tbsp(s) organic tamari (gluten free soy sauce)
- 1 tsp ground black pepper, to taste
- 1/4 cup(s) toasted chopped organic pecans
- 1 large organic yellow onion, diced
- 3 tsp(s) organic toasted sesame oil, divided
- 1 whole organic eggplant

Preparation

1. Preheat oven to 400°F.
2. Score-cut side of eggplant in half by making 4 crosswise cuts.
3. Line a large cookie sheet with parchment paper. Coat with 1 teaspoon toasted sesame oil.
4. Place eggplant halves cut side down on sheet.
5. Bake at 400°F for 20 minutes or until tender.
6. Meanwhile, cook quinoa according to directions.
7. Remove the eggplant from oven and cool.
8. Remove pulp of the eggplant, leaving a 1/3-inch-thick shell. Chop pulp.
9. Reduce oven temperature to 350°F.
10. Warm the remaining 2 teaspoons sesame oil in large skillet over medium.
11. Add onion and sauté until transparent. Add carrot and celery and sauté until slightly tender. Add pecans, eggplant pulp, quinoa and tamari.
12. Stuff each eggplant shell with eggplant mixture.
13. Place on baking sheet and bake for 20 minutes or until lightly browned.

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