

Recipe – Stuffed Eggplant

Ingredients:

- 5 medium eggplants, about mango size
- 2 pounds turkey breast
- 2 firm green or yellow zucchinis, grated
- one large onion, chopped
- 3 cloves garlic, minced
- 3 TBS sun dried tomatoes in oil, minced fine
- 1 cup pecans, coarsely chopped
- olive oil
- salt and pepper to taste

Directions:

Preheat the oven to 350.

Oil two cookies sheets.

Slit the eggplants in half lengthwise and place cut side down on cookie sheet. Bake until soft, about 30 - 40 minutes.

Meanwhile:

Coat the bottom of the pan with olive oil and sauté the onions and garlic until just slightly golden.

Add the grated zucchini and stir until moisture steams off.

Add pecans and sun dried tomatoes.

Remove from pan. Add a little more oil and brown the turkey, chopping as you cook it.

Scoop the eggplant out of the skins and mix with vegetables and meat. You can reserve some without meat if there any vegetarians.

Place a scoop in each eggplant skin and reheat for a few minutes at 350.