

# HEALTHY COOKING CLASS

## Warrior Health & Fitness Program



COMMUNITY HEALTH  
& WELLNESS

### Greek Stuffed Eggplants

Makes 2 servings, Active: 25 mins, Total: 35 minutes hours

This Greek-inspired stuffed eggplant is filled with veggies and flavors of the Mediterranean. The dish is easy to pull together as a healthy and tasty weeknight meal. Eggplant has been associated with numerous health benefits like reducing the risk of heart disease and minimizing oxidative stress. Whether you serve these stuffed eggplants as a side dish or make it the main attraction, you'll get plenty of veggies in every bite.



### Ingredients

- 1 large eggplants (about ½ pound each)
- 1 tablespoons extra-virgin olive oil, divided
- ½ medium red onion, finely chopped
- ½ tablespoon tomato paste
- ¼ teaspoon ground cumin
- 1 cloves garlic, minced
- ½ cup canned no-salt-added diced tomatoes
- ½ medium red bell pepper
- ¼ cup chopped fresh flat-leaf parsley
- 2 ½ tablespoons pitted Kalamata olives, quartered
- ½ tablespoon red-wine vinegar
- 6 tablespoons crumbled feta cheese
- Chopped fresh dill and oregano, for garnish

### Directions

1. Preheat to 400 degrees F. Line a rimmed baking sheet with foil.
2. Cut eggplant in half lengthwise. Using a spoon, scoop out flesh from the halves, leaving about 1/2-inch border on the sides and bottoms. Coarsely chop the flesh and set aside.
3. Drizzle the ½ tablespoon of EVOO into the eggplant shells and spread evenly to cover. Place the shells, cut-side up, on the prepared baking sheet and roast until tender, 20 to 25 minutes. Remove from oven and increase oven temperature to broil.
4. While the eggplant roasts, heat the remaining ½ tablespoon EVOO in a small skillet over medium-high heat. Add onion; cook, stirring often, until softened, 3 to 4 minutes. Add tomato paste, cumin, and garlic; cook, stirring constantly, until fragrant, about 1 minute. Add tomatoes, bell pepper and the reserved chopped eggplant; cook, stirring occasionally, until the eggplant is tender, 8 to 10 minutes. Remove from heat; stir in parsley, olives and vinegar.
5. Divide the filling evenly among the eggplant shells; top each with 3 tablespoons feta. Broil until the cheese is melted and golden, 6 to 8 minutes. Sprinkle with fresh oregano and dill, if desired.

**NUTRITION FACTS** (Serving Size: 1 eggplant half) Per Serving 268 calories, 17 grams Total Fat, 5 grams Saturated Fat, 25 milligrams Cholesterol, 542 milligrams Sodium, 7 grams Protein, 24 grams Carbohydrate, 8 grams Dietary Fiber

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