

Baked Eggplant Stuffed with Tomatoes, Herbs & Feta

Prep Time: 15 minutes | **Cook Time:** 35 minutes | **Servings:** 2

Ingredients:

- 2 medium eggplants (halved lengthwise)
- 1 cup diced tomatoes
- ½ cup feta cheese (crumbled)
- 2 garlic cloves (minced)
- 2 tbsp olive oil
- 2 tbsp fresh parsley (chopped)
- 1 tsp dried oregano
- Salt & pepper to taste

Steps:

- 1. Preheat oven to 375°F (190°C).
- 2. Scoop out the flesh of the eggplant, chop it, and set aside.
- 3. Heat olive oil in a pan, sauté garlic, chopped eggplant, tomatoes, oregano, salt, and pepper for 5 minutes.
- 4. Spoon mixture back into eggplant halves, top with feta.
- 5. Bake for 30 minutes until eggplant is tender.
- 6. Sprinkle fresh parsley before serving.

Nutrition (approx):

Calories: 260Protein: 9gCarbs: 21gFat: 16gFiber: 8g

Tips:

- Add cooked quinoa or couscous to the stuffing for extra fiber.
- Use vegan feta for a plant-based option.