

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: 260
- Protein: 9g
- Carbs: 21g
- Fat: 16g
- Fiber: 8g

Tips:

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