

# MAKE A GREAT PLATE.

Eggplant boats are hollowed out and stuffed with a hearty chicken mixture.

## Chicken-Stuffed Eggplant

### INGREDIENTS

1 large eggplant, cut in  
½ lengthwise  
1 tbsp extra-virgin olive oil  
½ onion, diced

1 cup mushrooms, diced  
2 cloves garlic, minced  
½ lb. lean ground chicken  
½ tsp each salt and oregano  
¼ cup chopped fresh basil



### DIRECTIONS

**Preheat** oven to 400°F. **Line** baking sheet with parchment. **Hollow** out most of eggplant with spoon. **Cube** reserved eggplant and set aside. **Heat** oil in skillet over medium. **Add** onion, sauté 5-6 minutes. **Add** reserved eggplant, mushrooms and garlic. **Cook** 7-8 minutes. **Stir** in chicken, salt and oregano. **Cook** 10 minutes. **Place** eggplant halves on baking sheet. Fill with chicken mixture. **Bake** 30 minutes. **Top** with basil and serve.

**Makes 2 servings. Per serving:** 300 calories | 27g protein | 14g total fat | 3g saturated fat | 5g mono fat | 5g poly fat | 21g carbohydrate | 7g sugar | 11g fiber | 456mg sodium