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Stuffed Eggplant

Ingredients:

- 4 small eggplants
- 1 pound ground meat (such as pork, Italian sausage, or hamburger)
- 1 cup tomato sauce (such as spaghetti or pizza sauce)
- Sea salt and pepper to taste.

Directions:

1. Heat oven to 350°.
2. Cut the stem off of eggplant, wash, and then cut length wise. Spoon a small amount out of the center for the meat. Like a little canoe.
3. Place the eggplant in a baking dish, cut side up.
4. Divide the ground meat into 8 equal parts and place inside of the eggplant. May be mounded. Salt and pepper to taste.
5. Bake 45 minutes uncovered.
6. Remove from oven and spoon the tomato sauce on top of each eggplant.
7. Place back into oven and bake an additional 10 minutes.