

Stuffed Eggplant

Ingredients:

- 1 medium eggplant. Cut off ends and cut lengthwise thin pieces equaling 1.45oz each slice
- 1 cup tomatoes chopped
- ½ cup parsley chopped
- ½ cup onions diced small
- ¼ cup minced garlic
- 4 teaspoons olive oil
- 1 cup bell pepper, any color, chopped small
- 1 cup turnip chopped small
- 1/2 teaspoon salt and pepper to taste

Directions:

1. In a large pan, saute eggplant slices in pan sprayed with cooking spray for 10 minutes, rotating often, remove from pan and set aside.
2. In a medium bowl, mix parsley, tomatoes, onions, garlic, bell pepper, turnips, and olive oil as your stuffing mixture.
3. Saute stuffing mixture to heat.
4. Add the stuffing mix on top the eggplant slices
5. Cook over low heat for about 10-15 minutes, checking the pan for liquid and basting with cooking liquid, if needed.
6. Remove from pan and enjoy.
7. Top with one heaping scoop of our cheese sauce/dip if desired.

Servings:

2 pieces equals: 1 cup occasional veggies, 1 cup select veggies, 2 teaspoons oil, ¼ teaspoon salt, ½ serving Diet Right product (if used)