

STUFFED EGGPLANT

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

We get a lot of requests for maintenance recipes, and this dish provides that option.

Eggplant is one of our family favorites. It is easy to grill, sauté or bake and can add more options to your vegetable choices. You can easily halve this recipe, if you don't need as much. To enjoy this dish while on plan, just leave off the cheese and limit the amount in your serving.

Eggplants come in various sizes, so you would probably have to eat 2/3-3/4 of one of the halves without cheese. This would cover your protein, veggie and 1/2 fat for one meal.



INGREDIENTS

3 Tbsp avocado oil, divided
2 medium eggplants
1 lb. grass-fed ground beef
1/2 cup chopped onion
2 cloves garlic, minced
2 cups marinara sauce (Rao's or sauce with no sugar)
Shredded mozzarella cheese (maintenance only)



INSTRUCTIONS

Heat oven to 350°F. Cut each eggplant in half lengthwise. Using a spoon and paring knife, scoop out the eggplant flesh, leaving 1/4-inch thick shell. Chop and set the flesh aside.

Place the eggplant shells on a lined baking sheet and brush with 2 Tbsp of avocado oil. Bake 25-30 minutes (depending on size of eggplant).

Heat a large skillet over medium-high heat. Add oil when hot. Brown ground beef and onion until browned. Add garlic and eggplant flesh and sauté for 5 minutes. Stir in marinara, cover and simmer for 10 minutes.

Remove eggplant from oven and carefully fill shells with ground beef mixture. (for weight-loss plan, it is ready to eat).

Sprinkle with shredded mozzarella cheese to your liking. Broil lightly until cheese is lightly browned.