

## Mediterranean Stuffed Eggplant

Yield: 6 Servings

### Ingredients:

- 3 medium eggplants
- 2 tbsp extra-virgin olive oil, plus more for drizzling
- Freshly ground black pepper
- 2 cups cooked bulgur\*
- 2 garlic cloves, minced
- 1 tbsp sherry vinegar
- ½ cup chopped oil-packed sun-dried tomatoes
- 1 cup cooked green lentils\*
- ½ cup chopped pine nuts
- ½ cup chopped fresh parsley
- ¼ tsp red pepper flakes
- ¼ cup panko breadcrumbs
- ¼ cup shredded pecorino cheese

**\*I used a pre-cooked grain blend in place of the bulgur and lentils**

### Directions:

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Slice the eggplants in half lengthwise and scoop out the flesh, leaving a ½-inch rim around the edges. Drizzle the eggplant shells with olive oil and season with a few grinds of black pepper. Bake cut-side down on the baking sheet for 20-30 minutes. Remove the eggplant and let cool to the touch.
3. In a large bowl, toss the cooked bulgur with the garlic, 2 tablespoons olive oil, the sherry vinegar, sun-dried tomatoes, lentils, pine nuts, parsley, and red pepper flakes.
4. Fill the eggplant with the stuffing mixture and top with the panko and pecorino cheese, if using. Broil for 4-8 minutes or until golden brown on top.

