

Ham-Stuffed Eggplant

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 2

*1 large eggplant
1/2 cup chopped onion
1/2 cup thinly sliced celery
1/4 cup margarine, melted
1 cup cooked ham, diced
1 can (8 ounce) tomato
sauce
1 cup ripe olives, sliced
1/2 teaspoon salt
dash pepper
1/4 cup Parmesan cheese,
grated*

Preheat the oven to 400 degrees.

Wash the eggplant and cut in half lengthwise. Remove the pulp, leaving a 1/4-inch shell. Set both shells aside. Dice the pulp.

In a skillet, saute' the eggplant pulp, onion and celery in margarine until tender. Stir in the ham, tomato sauce, ripe olives, salt and pepper.

Stuff the eggplant shells with the ham mixture. Place the shells in a nine-inch square baking pan. Sprinkle Parmesan cheese on each eggplant half.

Bake for 20 to 25 minutes.

Per Serving (excluding unknown items): 561 Calories; 41g Fat (62.8% calories from fat); 21g Protein; 33g Carbohydrate; 10g Dietary Fiber; 46mg Cholesterol; 3214mg Sodium. Exchanges: 2 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 6 1/2 Fat.