

Stuffed Eggplant

Maria Yacuzzo

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 8

*4 small or two large eggplants
6 tablespoons vegetable oil, divided
3 cloves garlic, peeled
8 anchovies
5 sprigs Italian parsley
1 tablespoon capers
2 tablespoons pitted black olives, coarsely chopped
1 teaspoon oregano
1 1/2 cups fresh bread crumbs
1/2 teaspoon chopped hot pepper (optional)
8 to 12 thin slices tomato
salt (to taste)
freshly ground pepper (to taste)*

Preheat the oven to 350 degrees.

Cut the eggplants in half lengthwise. Scoop out the pulp, leaving a 1/2 inch shell. Chop the pulp fine.

In a saucepan, heat two tablespoons of oil. Add the eggplant pulp. Cook, stirring, for about 1 minute. Chop the garlic, anchovies and parsley together. Add this mixture to the eggplant pulp. Add the capers, olives, oregano, bread crumbs, hot pepper and three tablespoons of oil. Stir to blend.

Fill the eggplant shells with the mixture. Top each filled shell with slightly overlapping tomato slices. Sprinkle with salt and pepper to taste. drizzle the remaining oil over the tomatoes.

Place the eggplant halves on a baking sheet.

Bake for 30 minutes or until piping hot and bubbling.

Per Serving (excluding unknown items): 225 Calories; 12g Fat (45.4% calories from fat); 6g Protein; 27g Carbohydrate; 9 Dietary Fiber; 3mg Cholesterol; 259mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.