



Working On Wellness (WOW)

Recipe Card

COOK TIME

60
minutes

YIELD

6
servings

Stuffed Eggplant with Rice & Mushrooms



INGREDIENTS

- 3 medium eggplants
- 1 cup cooked brown rice
- 1 teaspoon olive oil
- ½ teaspoon salt
- 1 large scallion, sliced
- 1 onion, chopped
- 8-ounce can sliced mushrooms, drained
- Fresh ground black pepper, to taste
- 1 tablespoon basil
- 2 tablespoons bread crumbs

DIRECTIONS

Heat oven to 350°. Puncture the eggplant skin and bake for 45 minutes. Remove from oven and let cool.

Cut eggplants in half lengthwise, leaving the stem. Scoop out and reserve the insides, leaving ½ inch all around.

Warm the oil in a medium frying pan. Sauté scallion until softened. Add onion and sauté until golden brown.

Add mushrooms, salt, pepper, and basil.

Add scooped-out eggplant and cooked rice and cook over low heat for 5 minutes.

Fill eggplant shells with the sautéed mixture and place on baking sheet.

Sprinkle with bread crumbs. Bake at 350° for 15 minutes.

Nutrition Report Card



2 grams
total fat

Recipe Source: American Cancer Society Healthy Living [article](#)