

Blue is Better Recipe (Serves 4) Steak-Stuffed Eggplant

Ingredients

- cooking spray
- 2-8 oz. to 12 oz. eggplants
- 1 lb. Boneless sirloin steak, trimmed & cut into 1/4" strips
- 2 c. sliced red & green peppers
- 2 c. sliced mushrooms
- 1 1/2 tsp. chopped garlic
- 1 tsp. ground black pepper
- pinch paprika
- chopped fresh parsley

Preparation Instructions

1. Preheat oven to 450°F. Spray baking dish with cooking spray.
2. Wash & dry eggplants, cut off stems & cut in half length wise & place face up in large baking dish. Pierce flat tops with a fork several times. Cover with foil & bake 45 minutes.
3. Spray skillet with cooking spray, add garlic, pepper & place over medium heat stirring lightly. Add sirloin strips; cook & stir 5 minutes.
4. Add peppers & cook over medium heat 5 minutes. Add mushrooms; cook 5 minutes. Add 1/3 c. water, stir & cover. Remove from heat.
5. Remove eggplant from oven, let cool 5 minutes. Mash cooked eggplant centers with fork, but do not break shells.
6. Top each half with beef mixture; mix with mashed eggplant. Cover with foil bake 15 minutes.

NUTRITION FACTS

Serving Size
1/2 eggplant

Amount Per Serving:

Calories	217
Calories from Fat.....	45
Total Fat	5 g
Saturated Fat.....	<2 g
Cholesterol	53 mg
Sodium	67 mg
Carbohydrate	15 g
Dietary Fiber.....	8 g
Protein	28

