

Stuffed Eggplant Parmesan

Ingredients:

- ✓ ¾ cups marinara, divided
- ✓ 1 large eggplant, halved
- ✓ 1 small onion
- ✓ ½ tsp dried oregano
- ✓ 1 tbsp minced garlic
- ✓ ½ cup tomato, chopped
- ✓ 1 small egg, beaten
- ✓ 1 ¼ cup mozzarella, divided
- ✓ ¼ cup parmesan
- ✓ 2 tbsp bread crumbs
- ✓ Basil for garnish



Total Time: 1.25 hours Servings: 2

Directions:

1. Spread ½ cup of marinara in the bottom of a 9x9 baking dish.
2. Using a spoon hollow out the eggplant, leaving about a ½ inch thick border around the skin to create a boat. Transfer hollowed out eggplant to the baking dish. Chopped scooped out eggplant into small cubes.
3. In a large skillet over medium heat, heat 1 tbsp olive oil. Add onion and cook until soft, about 5 minutes. Stir in eggplant and season with oregano, salt, and pepper. Cook until golden and tender, about 4 minutes. Add garlic and cook until fragrant, about 1 minute.
4. Transfer eggplant mixture to a mixing bowl and add tomato, egg, ½ cup mozzarella and remaining ¼ cup marinara. Mix to combine and then scoop into eggplant boats. Top with bread crumbs, remaining mozzarella, and parmesan.
5. Bake for about 50 minutes at 350° F