

Recipe for: Stuffed Eggplant

Ingredients:

1 or 2 eggplants
1 lb ground turkey
1 onion
1 package of mushrooms
1 jar of organic spaghetti/pasta sauce
garlic

Preparation:

Cut eggplant in half.

Scoop out middle and cut into little cubes.

Stir-fry with onion, garlic, turkey and mushrooms in olive oil.

Add sauce and fill the eggplant.

Cover with foil.

Bake at 350 degrees for 40 to 60 minutes.