



Caprese stuffed eggplant with balsamic drizzle
RECIPE

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COOK TIME 5 min
PREP TIME 20 min
MAKES 4 servings

If you like Caprese salad, you'll love this variation on the theme! In 25 minutes, you'll have a dish that combines the fresh flavors of a salad with the tanginess of balsamic vinegar and the heartier qualities of eggplant, organic quinoa and brown rice.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice
- 1 tbsp. plus 2 tsps. extra virgin olive oil
- 1/8 tsp. pepper
- 3 tsps. water
- 2 medium tomatoes, cut in 4 slices each
- 1 medium eggplant
- 1/4 tsp. salt
- 2 tbsp. julienne-cut fresh basil, divided
- 4-ounces fresh mozzarella cheese, cut into 8 slices
- 2 tsps. balsamic vinegar
- Tip: If fresh mozzarella is not available, use 4-ounces sliced mozzarella cheese. Cut each slice in half and continue as directed.

DIRECTIONS Grill:

1. Heat grill for direct heat.
2. Cut eggplant in half lengthwise.
3. Use a spoon to hollow out eggplant, leaving 1/4-inch thick shell.
4. Chop eggplant pulp into 1/2-inch pieces.
5. In large skillet, heat 1 tbsp. oil over medium heat.
6. Cook and stir eggplant, salt and pepper until tender and brown, about 5 minutes.
7. Stir in SEEDS OF CHANGE™ Organic Quinoa & Brown Rice, 1 tbsp. basil and water; heat through.

- 8. Meanwhile, brush inside of eggplant halves with remaining 2 tsps. oil.
- 9. Place cut side down on grill rack.
- 10. Cover and grill over medium-high heat 5 minutes or just until eggplant is tender.
- 11. Remove from grill.
- 12. Divide rice mixture between eggplant shells.
- 13. Arrange tomato halves and cheese over rice mixture.
- 14. Return to grill; cover and grill 3-5 minutes or just until cheese is warmed.
- 15. Drizzle with vinegar and sprinkle with remaining basil.

Oven:

- 1. Heat oven to 400°F. Place eggplant shells, cut side down, on foil-lined baking sheet.
- 2. Roast 10 minutes or until shells are tender.
- 3. Continue as directed above—except bake stuffed shells in oven for 5 minutes or until cheese is warm.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	270
Total Fat	12g
Saturated Fat	4.5g
Trans Fat	0g
Total Fat % DV	18%
Saturated Fat % DV	23%
Trans Fat % DV	0%
Sodium	490mg
Sodium % DV	20%
Total Carbohydrate	29g
Dietary Fiber	6g
Sugars	4g
Total Carbohydrates % DV	10%
Dietary Fiber % DV	24%
Protein	12g

You might also love...



Mushroom & quinoa stuffed pumpkins

Cook time

35 min

Prep time

10 min



Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min



Dutch baby

Cook time

35 min

Prep time

5 min



Phyllo wrapped chicken & rice bundles

Cook time

15 min

Prep time

15 min

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