

Baked Eggplant and Marinara



Chef Vinny of D'Avolio Kitchen

Recipes makes: 4 Servings



Ingredients-

Baked Eggplant

2 eggplants, sliced in half lengthwise



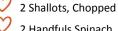
2 Tbsp D'Avolio Garlic Extra Virgin Olive Oil



1 Cup Quinoa



1 ½ Cup Low Sodium Chicken broth



2 Handfuls Spinach



2 Garlic Cloves, Chopped



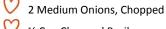
½ oz Grated Parmesan Cheese

Marinara

3, 16oz cans Roma Diced Tomato



6 Garlic Cloves, Chopped Finely



½ Cup Chopped Basil



¼ Cup Parsley



1 Cup Red Wine



2 Tbsp D'Avolio Basil Extra Virgin Olive Oil



Salt & Pepper to taste (max 1/3 tsp salt)

PREPARATION:

For the Baked Egaplant:

- 1. Preheat oven 400 degrees place 2 eggplants cut up side on a baking sheet drizzle with D'Avolio Garlic Extra Virgin Olive Oil and bake for 20 mins or until tender.
- Meanwhile, combine quinoa, chicken broth and bring to a boil simmer for 20 mins. Cook covered for the last 5 mins to make the quinoa sticky.
- 3. When eggplant is done scoop out the insides leave the skins on the baking sheets. Transfer the flesh to a food processor and add shallots. Put spinach and garlic in a strainer and pour boiling water over to blanch. Add to the food processor and whiz until smooth.
- 4. Place in a bowl and add guinoa. Add the parmesan cheese and spoon the mixture back into the eggplant shells and bake another 5 minutes.

For the Marinara:

- In a pan, add D'Avolio Basil Extra Virgin Olive Oil onions and garlic sauté until onions are translucent.
- After the onions are done cooking deglaze the pan with the wine.
- In a pot add onions and garlic with the diced tomatoes basil parsley and let simmer.
- 8. Remove eggplants from oven and serve with Marinara.

Nutrition Facts Serving Size:1/2 eggplant 1 Cup Marinara Servings:4

Amount Per Serving Calories 410 Calories from Fat 140 Total Fat 15g 23% 13% Saturated Fat 2.5g Trans Fat 0g Cholesterol less than 5mg 1% Sodium 630mg 26% Total Carbohydrate 55g 18%

Sugars 12g Protein 13g

Calcium 15%

Dietary Fiber 14g

Vitamin A 50% Vitamin C 45% Iron 20%

57%

Percent Dally Values are based on a 2,000 calorie diet

WWW.HEALTHYOPTIONSBUFFALO.COM





