

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 Shallots, Chopped
- ♥ 2 Handfuls Spinach
- ♥ 2 Garlic Cloves, Chopped
- ♥ ½ oz Grated Parmesan Cheese

### Marinara

- ♥ 3, 16oz cans Roma Diced Tomato
- ♥ 6 Garlic Cloves, Chopped Finely
- ♥ 2 Medium Onions, Chopped
- ♥ 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 Eggplant:

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.
2. 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 quinoa. Add the parmesan cheese and spoon the mixture back into the eggplant shells and bake another 5 minutes.

### For the Marinara:

5. In a pan, add D'Avolio Basil Extra Virgin Olive Oil onions and garlic sauté until onions are translucent.
6. After the onions are done cooking deglaze the pan with the wine.
7. 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
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	1%
<b>Sodium</b> 630mg	26%
<b>Total Carbohydrate</b> 55g	18%
Dietary Fiber 14g	57%
Sugars 12g	
<b>Protein</b> 13g	
Vitamin A 50%	• Vitamin C 45%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet.	