

# Artichoke Chicken Stuffed Eggplant

Serving Size: 1/4 of recipe

Serves: 4

## Ingredients

2 medium eggplants  
2 tablespoons olive oil  
½ medium onion, finely diced  
2 boneless skinless chicken breasts, diced  
1 clove garlic, minced  
Pinch of salt  
½ teaspoon black pepper  
¼ teaspoon red pepper flakes  
1 bell pepper, finely diced  
1 medium tomato, chopped  
4 marinated artichoke hearts, chopped  
½ cup fresh parsley, diced  
½ cup fresh basil, diced  
½ cup part skim mozzarella cheese, grated

## Directions

Preheat the oven to 350.

Cut the eggplants in half lengthwise and scoop out the center leaving enough meat inside the skin so that it holds its shape well when baking. Bake the shells for 5 minutes. Chop the scooped eggplant and reserve.

In a medium sauté pan, heat the oil. Add the onion and cook until soft. Add the chicken and the reserved eggplant and sauté for 5 – 7 minutes or until the meat is done. Add the garlic, salt, pepper, bell pepper, tomatoes, artichoke hearts and herbs and sauté until the bell pepper is done.

Arrange the eggplant halves on a baking dish. Divide the meat filling evenly into the 4 halves. Sprinkle the tops with mozzarella.

Bake at 350 degrees just until the cheese melts, about 5 minutes.

## Exchanges per serving:

2 Lean Meats, 2 Vegetables, ½ Milk, 1 Fat

## Nutrients per serving:

Calories: 265

Calories from fat: 98

Total Fat: 11g

Saturated Fat: 3g

Cholesterol: 42mg

Sodium: 255mg

Carbohydrate: 23g

Dietary Fiber: 12g

Protein: 22g