

PREPARATION: 25 MINUTES

COOKING: 45 MINUTES

4 SERVINGS



EGGPLANT PROVENÇAL

INGREDIENTS

1 medium eggplant

2 tablespoons olive oil

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¼ cup onion, chopped

½ cup red pepper, diced

½ cup yellow pepper, diced

¼ cup water

220g extra-lean ground beef

2 garlic cloves, chopped

2 teaspoons paprika

1 tablespoon wine vinegar

1 teaspoon dried oregano

¼ cup cheddar cheese, grated

½ cup white rice, dry

PREPARATION

- 1 Preheat the oven to 400°F. Line a baking tray with parchment paper.
- 2 Cut the eggplant in half lengthwise. Rub 1 tablespoon of olive oil on the cut surface of each half. Place the eggplant halves, cut side down, on the tray and bake for approximately 35 minutes. The inside of the eggplant should be soft while the outside should be able to hold its shape.
- 3 In a non-stick pan, heat 2 tablespoons olive oil over medium heat. Add the onion and the peppers and fry for 5 minutes, stirring occasionally. Add the water and continue cooking until the liquid is evaporated. Transfer to a plate and set aside.
- 4 Add the ground beef, garlic and paprika to the pan and fry until the meat is browned. Add the vinegar, oregano and the vegetables from step 3. Combine all and remove the pan from the heat.
- 5 Cook the rice following the instructions on the package but omit the salt.
- 6 Remove the eggplant halves from the oven. Carefully remove the flesh with a spoon while leaving the skin and a thin layer of flesh on the inside intact so the eggplant halves can hold the stuffing.
- 7 Add ¼ cup of flesh to the stuffing mixture from step 4 and stir to combine. Discard the remaining eggplant flesh.
- 8 Divide the stuffing between the two eggplant halves and sprinkle with grated cheese. Return the eggplant halves to the oven for a few minutes until the cheese is melted.
- 9 Cut the eggplant halves into 4 portions and serve with rice.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Starch+ 1 Vegetable+ 2 Protein

Calories **347Kcal**

Protein **16g**

Carbohydrates **23g**

Fibre **1.2g**

Total Fat **21g**

Saturated Fat **5g**

Cholesterol **38mg**

Sodium **87mg**

Potassium **295mg**

Phosphorus **173mg**