



TOTAL TIME

35 minutes

PREP TIME

10 minutes

COOK TIME

25 minutes

SERVES

4

COOKING LEVEL

Medium

RECIPE | EGGPLANTS

STUFFED EGGPLANT



INGREDIENTS

2 Pure Flavor® Purple Baby or Graffiti Eggplants
2 Pure Flavor® Sweet Bell Peppers, chopped, color of your choice
¼ cup Pure Flavor® Beefsteak Tomatoes, finely diced
1-2 garlic cloves, minced
½ cup cheddar cheese, finely shredded
2 tbsp. olive oil
2-3 tbsp. fresh parsley, chopped
Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Halve baby eggplant, lengthwise. Scoop out inner eggplant, chop and set aside. Heat 1 tbsp. of olive oil over medium heat. Cook eggplant shells cut side down until browned lightly.
3. Remove eggplant shells, in the same pan, add tomatoes and peppers and cook until slightly softened.
4. Add chopped eggplant and garlic to mixture, cook 5-8 minutes more until softened. Add 1 more tbsp. of olive oil or water if mixture gets too dry. Season with salt and pepper to taste. Stuff eggplant shells with mixture.
5. Add cheese on top.
6. Bake for 20-25 minutes. Garnish with chopped parsley (optional).



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