

Mediterranean Stuffed Eggplant (serves 4)

2 medium sized eggplant
8 cloves garlic
3 T olive oil
3 6oz chicken breast
1 lemon zested
1 tsp. olive oil
2 C fresh spinach leaves
1/4 C lemon segments
1/4 C olives
1/4 C roasted red peppers
1/2 C couscous (cooked)
1/2 C chicken stock or water
1/4 C chopped dried fruit
2 T toasted almonds
S and P to taste

1. Cut eggplant in 1/2, score and stud with garlic, drizzle with 2 T olive oil and season with salt and pepper. Roast skin side down for 1 hour at 350 degrees, until tender.
2. Pour zest and 1 T olive oil on chicken and bake 20 minutes at 350 degrees or until firm.
3. Bring stock up to a boil in a small sauce pan and pour over couscous in a bowl. Add fruit, spices and nuts and cover with plastic wrap for ten minutes. Fluff with a fork. and set aside.
4. Shred chicken while still warm and combine with spinach to wilt slightly. Add lemon, olives and roasted peppers.
5. Scoop out insides of eggplant and chop. Add to chicken mixture, TASTE and stuff the eggplant skin with the chicken mixture.