

Stuffed Eggplant (serves 4)

2 medium sized eggplant
8 cloves garlic
1 package firm tofu
3 T olive oil
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 Anjou or Bartlett Pear chopped (with skin)
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 1hour at 350 degrees, or until tender.
2. Pour lemon zest, salt and pepper and 1 T olive oil on tofu and marinade for 30 minutes
3. Bring stock up to a boil in a small sauce pan and pour over couscous in a bowl. Cover with plastic wrap for ten minutes. Fluff with a fork. and add pears, peppers, olives and spinach. TASTE.
4. Scoop out insides of eggplant and chop. Add to vegetable mixture and TASTE. Stuff the eggplant skin with the couscous mixture and serve.