

Decision Day 2 (Dinner)

Grilled Eggplant Rollatini with Chicken Stuffing

(serves 4)

2 eggplant sliced longwise $\frac{1}{2}$ in thick

1 T olive oil

4 boneless, skinless chicken breasts

1 lemon zested

2 cloves garlic sliced

1 shallot minced

2 C chopped tomato

$\frac{1}{2}$ C chicken stock or water

$\frac{1}{2}$ tsp. rosemary (dried or fresh)

1 tsp. thyme (dried or fresh)

2T oregano chopped (dried or fresh)

2T fresh basil chopped

S and P to taste

1. Drizzle chicken breast with 1 tsp. olive oil, lemon zest and season with salt and pepper, bake for 25 minutes at 350 degrees or until cooked through.
2. After the chicken is cool, shred the meat into small pieces.
3. Drizzle eggplant with 2 tsp. olive oil and season with salt and pepper. Grill or broil on both sides until eggplant is cooked (approximately 3 minutes per side).
4. In sauté pan over medium heat add olive oil and cook garlic and shallot for 3-4 minutes, add tomato and cook for 5 more minutes or until mixture becomes dry.
5. Add chicken stock or water and chicken to pan continue to cook for 4 minutes, add herbs and take off heat. TASTE and set aside.
6. Lay three overlapping slices of eggplant side by side, fill with chicken mixture and roll up. Repeat process to create four stuffed eggplant.
7. Place rolled eggplant in oven at 300 degrees and warm left over chicken stuffing. Place eggplant on plate and top with remaining stuffing. Eggplant can be prepared the day before and reheated before serving.