

Riverview Wellness Center

Recipe

Client Name: Julie Pontante

Recipe for: Stuffed Eggplant

Ingredients: 1 or 2 eggplants
1 lb turkey burger
1 onion
mushrooms
spaghettí sauce
garlic
grated cheese

Preparation: Cut eggplant in half. Scoop out middle and cut into little cubes.
Fry with onion, garlic, turkey and mushrooms in olive oil.
Add sauce and fill the eggplant.
Sprinkle with grated cheese cover with foil.
Bake at 350 degees for 40 to 60 minutes.