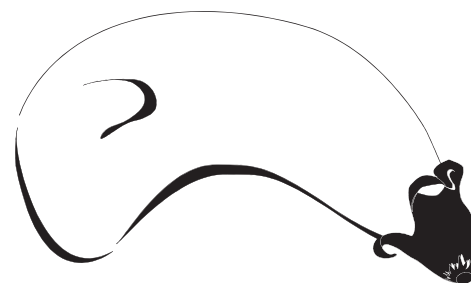


# Stuffed Eggplant

"Eggplant" - Cornell Cooperative Extension pamphlet.



## Ingredients

1 large or 3 small eggplants

2 tablespoons butter or margarine

1 teaspoon salt

1/4 cup minced onion

## Nut Stuffing

1½ cups soft bread crumbs

2/3 cup chopped walnuts

2 tablespoons chopped parsley

2 beaten eggs

salt and pepper

## Vegetable Stuffing

2 cups chopped raw (or canned) tomatoes

1 cup cooked whole kernel corn

1/2 cup soft bread crumbs

salt and pepper

## Directions

Cut eggplant in half and cook in boiling salted water for 10 minutes.

Scoop out inside of eggplant, leaving 1/2 inch rim around the shell.

Melt butter in skillet, add the chopped pulp and minced onion, and cook until the vegetables are tender.

Remove from heat. Continue below with one of the two stuffing choices.

Bake in a 375 degree oven for 45 minutes.

### Nut Stuffing:

Add 1 cup of bread crumbs, walnuts, parsley and beaten eggs to the onion/eggplant mixture.

Sprinkle inside of shells with salt (if desired) and fill with nut mixture.

Top with 1/2 cup of soft bread crumbs.

### Vegetable Stuffing:

Add tomatoes, corn, and bread crumbs to the onion/eggplant mixture.

Season to taste with salt and pepper.

Sprinkle inside of shell with salt (if desired) and fill with the vegetable mixture.

Top with 1/2 cup of soft bread crumbs.