

Chickpea Stuffed Eggplant with Couscous and Tahini Sauce

Nutrient Rich Dishes

Source: dishingupthedirt.com/recipes/entree/chickpea-stuffed...



SERVES:

2 - 4



PREP TIME:

10 MINS



COOKING TIME:

30 MINS

Eggplant is an often forgotten nutritional powerhouse that is packed with fibre, vitamins and minerals such as vitamin B1,3 & 6, as well as contains nasunin. Nasunin is a potent antioxidant and free radical scavenger that has been shown to protect cell membranes from damage.

INSTRUCTIONS

1. Preheat the oven to 375 degrees F.
2. Combine all the ingredients for the tahini sauce together in a blender or with an immersion blender. Process until smooth. Set aside.
3. Slice eggplant in half lengthwise, use a small spoon to scoop out the center (leaving a 1/4 inch wide shell). Save the scooped out eggplant and dice it up.
4. Drizzle about 1 tablespoon of the oil onto the eggplant and place cut side down on a prepared baking sheet. Cook in the oven for 15-25 minutes (or until eggplant is evenly cooked and slightly browned on the bottom). Check often to make sure eggplant doesn't burn.
5. Cook couscous.
6. While couscous cooks heat the remaining oil in a large skillet. Add the onion and cook for 5 minutes. Add the garlic and cook for 2 more minutes. Add the tomatoes, diced eggplant and chickpeas. Turn heat to low and cook stirring often for 5 more minutes. Add cooked couscous to the pan and mix well to combine. Season everything with a little salt and pepper.
7. Scoop a healthy portion of the couscous mixture into each eggplant. Drizzle with a little tahini sauce and garnish with a few tablespoons of minced parsley.

INGREDIENTS

- 2 medium-sized Italian Eggplants
- 1 medium-sized yellow onion, diced
- 3 cloves of garlic, minced
- 1 can (15 oz) chickpeas, drained & rinsed
- 1 cup couscous
- 1 cup cherry tomatoes, sliced in half
- 2 tablespoons cooking oil
- 1 small bunch of parsley, minced

For the Tahini Sauce

- 1/4 cup organic tahini
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1/4 cup water
- Salt and pepper
- Crushed red pepper flakes

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