

BALSAMIC CHICKEN STUFFED EGGPLANT



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggplant	1	Sea salt	½tsp.
Olive Oil	2 tbsp.	Black pepper	½tsp.
Baby Bella Mushrooms sliced	1 Cup	Roasted red peppers roughly chopped	⅓ cup
Garlic Minced	3 Cloves	Fresh basil chopped	¼ cup
Ground Chicken	1 lb	IP Balsamic vinegar	¼ cup
Dried oregano	½ tsp		



PREPARATION

- Preheat the oven to 400°F
- Cut the eggplants in half lengthwise and scoop out the flesh, leaving about 1/4 inch of flesh in the skin. Place the eggplant halves on a baking sheet lined with parchment paper and sprinkle with salt. Set aside.
- In a large skillet over medium-high heat, heat the olive oil. Add the chicken and cook until browned, about 5 minutes. Add the garlic and cook for 1 minute. Pour in the IP balsamic vinegar and let it reduce for 2-3 minutes. Remove from heat.
- Add the ground chicken, oregano, salt and pepper. Cook until the chicken is no longer pink, about 10 minutes. Stir in the roasted red peppers and basil and remove the skillet from the heat.
- Place the eggplant halves in a baking dish and stuff them with the chicken mixture. Drizzle a little olive oil on top and roast for 30-35 minutes until tender.
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- Meanwhile, add the balsamic vinegar to a small sauce pan. Bring to a low simmer and cook until it has thickened and reduced by about half, about 10-12 minutes.
- Serve hot and enjoy!