

Stuffed Egg Plant (Adobong Gulay)

This recipe is a modification of a Filipino favorite. The recipe was provided to CNESINC.Org by a Filipino family

Amount	Measure	Ingredients	Preparation Method
1	Cup	Lean ground beef (85% lean)	
1	Tablespoon	Green pepper	Chopped
¼	Teaspoon	Salt	
½	Cup	Mushrooms	Chopped
1	Large , round	Egg Plant	Unpeeled
1 ½	Cups	Hot water	
¼	Cup	Egg substitute (fat free/cholesterol free)	
	As needed	Vegetable spray	

1. Mix the first four ingredients together.
2. Cut a slice off each end of egg plant.
3. Cut out a core about 2 inches in diameter from egg plant.
4. Fill cavity with mixed ingredients
5. Replace ends and fasten with toothpicks. Place egg plant in a saucepan with hot water. Simmer for about 35 minutes.
6. Remove egg plant, place in casserole dish (sprayed with vegetable oil) and keep warm.
7. Stir beaten eggs slowly into the liquid left in saucepan and simmer until thickened. Slice egg plant in half inch slices and pour hot sauce (liquid from saucepan) over it.
8. May be served immediately or heated for a few minutes in oven.

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Yield: Four (4) 1/2 cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	143	178 mg (7%)	7 g (11%)	3 g (15%)	41mg (14%)	1g (1%)

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