



Baked Eggplant with Sardines

- 1 can **Crown Prince Skinless & Boneless Sardines in Olive Oil**, drained and flaked
- 6 Japanese eggplants
- 1/3 cup plus 1 tablespoon olive oil
- 2 medium onions, diced
- 2 cloves garlic, minced
- 1 14 ounce can diced tomatoes
- 1 tablespoon tomato paste
- 3 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh oregano
- 1 teaspoon sugar
- 4.5 ounces mozzarella cheese, grated



Preheat oven to 350°F. Cut the eggplants in half lengthwise, keeping the stems attached. Score the flesh by cutting a criss-cross pattern being careful not to cut through the skin.

Heat oil in large fry pan, add the eggplant and cook until the flesh is soft. Let cool slightly, scoop out the flesh with a spoon leaving a 1/8 inch border. Chop the flesh and reserve the shells.

In the same pan, heat the extra oil and cook the onion over medium heat for 5 minutes. Add the remaining ingredients and the eggplant flesh except for cheese.

Arrange the eggplant shells in a lightly greased baking dish and spoon in the tomato filling. Sprinkle with the cheese and bake for 5-10 minutes, or until the cheese has melted.

Servings: 6

Per Serving: 398 Calories (185 calories from fat), 21g Fat, 17g Protein, 43g Carbohydrate, 16mg Cholesterol, 282mg Sodium