Stuffed Eggplant Halves

Ingredients

- 1 large eggplant, cut into halves lengthwise
- Salt
- 1/4 cup oil
- 1 large onion, chopped
- 1 green pepper, seeded and chopped
- 1 clove garlic, chopped
- 1 1/2 pounds ground lamb
- 1/4 pound mushrooms, trimmed and chopped
- 1/2 cup sliced pitted black olives
- 1/2 cup seasoned bread crumbs
- 1 cup plain yogurt
- 1/3 cup chopped parsley
- 1/4 cup grated Parmesan cheese

Instructions

1. With a sharp knife, scoop out eggplant, leaving a shell 1/2-inch thick. Chop removed eggplant and place in bowl; sprinkle with salt and let stand at room temperature 1 hour.
2. In large skillet, heat oil; add onion, pepper and garlic and saute 5 minutes. Drain chopped eggplant and add it to the skillet.
3. In smaller skillet, cook lamb until brown and crumbly. Drain fat and stir lamb into eggplant mixture.
4. Stir in mushrooms and olives and cook over low heat for another 10 minutes, stirring occasionally.
5. Add crumbs, yogurt and parsley. Stir until well blended, and season to taste with salt and pepper.
6. Spoon mixture into eggplant shells. Clean skillet and place stuffed eggplant halves in it; add enough hot water to skillet to measure 1/2 inch. Simmer gently for 10 minutes.
7. Sprinkle eggplant with Parmesan cheese, place skillet under broiler and broil until cheese is golden brown.
8. Remove from broiler, cut each half into 2 or 3 portions and place on heated serving dish. Serves 4 to 6.

STUFFED EGGPLANT HALVES

1 large eggplant, cut into halves lengthwise
Salt
¼ cup oil
1 large onion, chopped
1 green pepper, seeded and chopped
1 clove garlic, chopped
1½ pounds ground lamb
¼ pound mushrooms, trimmed and chopped
½ cup sliced pitted black olives
½ cup seasoned bread crumbs
1 cup plain yogurt
⅓ cup chopped parsley
¼ cup grated Parmesan cheese

With a sharp knife, scoop out eggplant, leaving a shell ½-inch thick. Chop removed eggplant and place in bowl; sprinkle with salt and let stand at room temperature 1 hour.

In large skillet, heat oil; add onion, pepper and garlic and saute 5 minutes. Drain chopped eggplant and add it to the skillet. In smaller skillet, cook lamb until brown and crumbly. Drain fat and stir lamb into eggplant mixture. Stir in mushrooms and olives and cook over low heat for another 10 minutes, stirring occasionally. Add crumbs, yogurt and parsley. Stir until well blended, and season to taste with salt and pepper.

Spoon mixture into eggplant shells. Clean skillet and place stuffed eggplant halves in it; add enough hot water to skillet to measure ½ inch. Simmer gently for 10 minutes.

Sprinkle eggplant with Parmesan cheese, place skillet under broiler and broil until cheese is golden brown. Remove from broiler, cut each half into 2 or 3 portions and place on heating serving dish. Serves 4 to 6.

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