

Couscous and Bean-Stuffed Eggplant with Garlic Tomato Sauce

Adapted from [The Vegetarian Family Cookbook](#)

Makes 6 eggplant halves

3 medium eggplants

1 5.6 oz box couscous with toasted pine nuts

1 can cannellini beans, drained and rinsed

1 tbsp. olive oil

2 cups prepared marinara

grated Parmesan

1. Cut off the stem ends of the eggplant and slice in half lengthwise. Slice a tiny bit off the rounded side to allow the eggplant to lie flat. Place eggplant shells in a 9x13 baking dish and set aside.
2. With a sharp knife, carefully cut away the pulp. Don't worry about making it pretty or uniform - you are going to chop it in a minute. Leave a sturdy shell about 1/2 inch thick.
3. Chop the eggplant pulp finely and steam until tender (about 10 minutes). Set aside.
4. Prepare couscous according to package directions.
5. In a large bowl, combine prepared couscous, steamed eggplant, beans, and olive oil. Season with salt and pepper.
6. Preheat oven to 375. Evenly divide couscous mixture among six eggplant halves. Cover loosely with foil and bake at 375 for 30 minutes.
7. Uncover and bake 10 to 15 minutes more, until shells are tender but have not yet collapsed.
8. During the last 10 minutes of baking time, warm up the marinara sauce.
9. Top each eggplant half with warmed marinara and a sprinkle of grated Parmesan.

Posted at

<http://hopefulblog.blogspot.com/2013/03/sunday-dinner-couscous-and-bean-stuffed.html> -

March 25, 2013