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 cannelini 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.

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