

Stuffed Eggplant with Couscous & Almonds



Smoky almonds, meaty eggplant and whole-grain couscous with herbs make this meal plenty satisfying. Harissa gives the creamy sauce a little kick. This low-calorie, high fiber, dairy-free, diabetes appropriate, vegetarian, low-sodium, soy-free, and low-sugar recipe feeds 4.

- $\frac{2}{3}$ cup water plus 1 tablespoon, divided
- $\frac{1}{2}$ cup whole-wheat couscous (see Tip)
- $\frac{1}{2}$ teaspoon salt, divided
- 2 medium eggplants (about 1 pound each)
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{1}{4}$ teaspoon ground pepper
- 1 clove garlic, finely chopped
- $\frac{1}{3}$ cup mayonnaise
- 2 teaspoons harissa paste or $\frac{1}{2}$ teaspoon harissa seasoning
- $\frac{1}{2}$ cup chopped smoke-flavored almonds
- $\frac{1}{2}$ cup chopped fresh parsley

Directions:

Preheat grill to medium-high.

Combine $\frac{2}{3}$ cup water, couscous and $\frac{1}{8}$ teaspoon salt in a small saucepan. Bring to a boil over high heat. Remove from heat, cover and set aside.

Halve eggplants through the stem; brush the cut sides with 2 tablespoons oil and sprinkle with $\frac{1}{4}$ teaspoon salt and pepper. Grill the eggplants, flipping once halfway, until charred and tender, 10 to 12 minutes. Let cool for 5 minutes.

Meanwhile, mash garlic with the remaining $\frac{1}{8}$ teaspoon salt on a cutting board with a fork. Combine the garlic paste, mayonnaise, harissa and the remaining 1 tablespoon water in a small bowl.

Leaving a $\frac{1}{4}$ -inch-thick wall, carefully scoop out the eggplant flesh and chop. Stir the eggplant flesh into the couscous along with almonds, parsley and the remaining 1 tablespoon oil. Mound the filling in the eggplant shells. Serve with the sauce.

Tips:

Light and fluffy couscous is made by rolling coarse semolina flour, resulting in small round granules. Choosing a whole-wheat variety gives you three times the fiber of white.

Nutrition Facts

Serving Size: 1/2 Eggplant & 2 Tbsp. Sauce

Per Serving:

457 calories; 33 g total fat; 4.2 g saturated fat; 8 mg cholesterol; 522 mg sodium. 570 mg potassium; 35.4 g carbohydrates; 10.9 g fiber; 9 g sugar; 9.2 g protein; 697 IU vitamin a iu; 15 mg vitamin c; 62 mcg folate; 86 mg calcium; 2 mg iron; 37 mg magnesium