

Quinoa Stuffed Eggplant with Yogurt Sauce

Makes: 4 servings

Total Time: 1 hour 15 minutes

Ingredients

eggplant-

2 garlic cloves, crushed
2 teaspoons cumin
2 teaspoons coriander
1 teaspoon chili flakes
1 teaspoon paprika
½ teaspoon salt
2 tablespoons lemon zest
2/3 cup olive oil, plus extra for drizzle
2 medium eggplants

yogurt sauce-

½ cup Greek yogurt
½ cup buttermilk
1 ½ tablespoons olive oil
1 garlic clove, crushed
pinch of salt

quinoa-

1 cup quinoa, rinsed
2 cups water or broth
2 teaspoons cilantro, chopped, plus more to garnish
2 teaspoons mint, chopped
1/3 cup sliced almonds, toasted
3 green onions, sliced
1 ½ tablespoons lemon juice

Directions

Preheat oven to 400°F.

In a small bowl, mix together the garlic, cumin, coriander, chili flakes, paprika, salt, lemon zest and ½ cup of the olive oil.

Cut the eggplants in half lengthwise then score the flesh of each half by making deep, diagonal cuts into the flesh without piercing the skin. Spoon the garlic and spice mixture over each half, spreading evenly. Place the eggplant, cut side up, on a baking sheet. Roast in the oven for 40 minutes, or until the eggplants are completely soft.

To make the yogurt sauce, combine yogurt, buttermilk, olive oil, garlic and salt in a small bowl.

Whisk to combine and taste. Adjust seasoning if desired and transfer to refrigerator to keep cold.

In a medium saucepan, combine the quinoa, two cups liquid (water or broth) and a pinch of salt. Bring to a rolling boil. Once boiling, lower the heat to the lowest setting and cover. Cook for 15 minutes. After 15 minutes, remove from heat but keep covered for another 5 minutes.

When the quinoa is done, remove the lid, add remaining olive oil and fluff with a fork. Add herbs, almonds, green onions, lemon juice and a pinch of salt. Stir to combine and taste, adding more seasoning if desired.

To serve, place ½ of an eggplant cut side up on a plate. Spoon the quinoa mixture on top, then spoon over some yogurt sauce, sprinkle with cilantro and a drizzle of olive oil.