

EGGPLANT PROVENÇAL

INGREDIENTS

1 medium eggplant

½ cup red pepper, diced

½ lb extra-lean ground beef

1 teaspoon dried oregano

2 tablespoons olive oil

½ cup yellow pepper, diced

2 garlic cloves, chopped

¼ cup cheddar cheese, grated

2 tablespoons olive oil

¼ cup water

2 teaspoons paprika

½ cup white rice, dry

¼ cup onion, chopped

1 tablespoon wine vinegar

PREPARATION

- 1** Preheat the oven to 400°F. Line a baking tray with parchment paper.
- 2** Cut the eggplant in half lengthwise. Rub 1 tablespoon of olive oil on the cut surface of each half. Place the eggplant halves, cut side down, on the tray and bake for approximately 35 minutes. When done, the inside of the eggplant should be soft while the outside should be able to hold its shape.
- 3** In a non-stick pan, heat the olive oil over medium heat. Add the onion and the peppers and fry for 5 minutes, stirring occasionally. Add the water and continue cooking until the liquid evaporates. Transfer to a plate and set aside.
- 4** In the same pan, add the ground beef, garlic and paprika and fry until the meat is browned. Add the vinegar, oregano, onion and peppers from step 3. Combine all and remove the pan from the heat.
- 5** Cook the rice following the instructions on the package.
- 6** Remove the eggplant halves from the oven. Carefully remove the flesh with a spoon while leaving the skin and a thin layer of flesh on the inside intact so the eggplant halves can hold the stuffing.
- 7** Add ¼ cup of eggplant flesh to the stuffing mixture from step 4 and stir to combine. Discard the remaining eggplant flesh.
- 8** Divide the stuffing between the two eggplant halves and sprinkle with grated cheese. Return the eggplant halves to the oven for a few minutes until the cheese is melted.
- 9** Cut the eggplant halves into 4 portions and serve with the cooked rice.



EGGPLANT PROVENÇAL



Nutrient Analysis

PER SERVING

¼ eggplant + ½ cup rice

Renal/Diabetic Exchanges:

2 Meat+ 1½ Starch+ 1 Lower-Potassium Vegetable+ 1 Fat

Calories	333Kcal
Protein	16g
Total Carbohydrate	24g
Fiber	2g
Sugars	2g
Fat	19g
Saturated	5g
Cholesterol	42mg
Sodium	88mg
Potassium	367mg
Phosphorus	190mg
Calcium	79mg
Iron	3mg
Magnesium	30mg
Vitamin C	61mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Hamburger meat substitutes

Consuming the right amount of protein with chronic kidney disease is important to maintaining good health. Many people with reduced kidney function also have heart problems and should follow a heart-healthy diet, which is low in fat and cholesterol. Working with a registered dietitian can help determine your specific protein needs and the best choices of protein for your health.

If you are supposed to follow a heart-healthy diet, use extra lean ground beef. You may also consider other substitutions.

Plant-based protein sources include ground tofu or vegetable burgers. Cumin, garlic and black pepper can add excellent flavor to these choices. Read product labels and select those lowest in sodium and potassium.

Ground chicken, turkey and pork are also good protein options. Basil, garlic, sage, thyme and dried savory are just a few spices for adding low-sodium and low-potassium flavor. Choose fresh ground meat without added salt and low in fat as a healthy option.

Presented by



Favorably reviewed by



Supported by an educational donation by

