

Baked Eggplant with Tzatziki

This is from *200 Delicious Low Calorie Recipes* for healthy breakfasts, lovely lunches, nutritious suppers and even guilt-free cakes. It's a great cookbook series!

Ingredients:

- 2 large eggplants, halved lengthwise
- 1 TBL olive oil
- Generous 1/2 cup couscous
- 3/4 cup boiling water
- 1 onion, finely chopped
- 1 garlic clove, crushed
- generous 1/2 cup dried apricots, chopped
- 1/3 cup raisins
- grated rind and juice of 1 lemon
- 2 TBL chopped mint
- 2 TBL chopped cilantro
- 2 TBL freshly grated Parmesan cheese
- 4 flat breads, to serve



Tzatziki Recipe Ingredients:

- 1/2 cucumber, finely chopped
- 2 scallions, sliced
- scant 1 cup Greek yogurt

Directions:

1. Place the eggplants cut side up on a baking sheet and brush each with a little of the oil. Cook in a preheated oven, 400 degrees F for 30-35 minutes, until the flesh is tender, then remove (leaving the oven on) and let cool. When the eggplants are cool enough to touch, scoop out the flesh and roughly chop. Reserve the skins.
2. Place the couscous in a heatproof container, pour in the measured water, and cover with plastic wrap. Set aside for 5 minutes, then remove the plastic wrap and fork through.
3. Heat the remaining oil in a nonstick skillet and add the onion and garlic, and fry for 3 minutes, then stir through the apricots, raisins, lemon rind and juice, couscous, herbs, Parmesan, and eggplant flesh.
4. Spoon this mixture into the eggplant skins and return them to the oven for 10 minutes.
5. Mix together the tzatziki ingredients in a serving bowl and serve with the eggplants and flat breads.

Serves: 4

Calories : 325 per serving