

Chicken Topped Eggplant

Ingredients

- 1 small eggplant
- 1 teaspoon olive oil
- 2 teaspoon minced garlic
- salt & pepper
- 4 ounces cooked chicken breast, shredded
- 1/3 cup roasted red peppers, diced
- ½ teaspoon oregano
- ¼ teaspoon onion powder
- 1 ounces feta cheese



Instructions

1. Preheat oven to 400 degrees.
2. Cut eggplant in half long ways
3. Drizzle the eggplant with the olive oil, salt and pepper, and garlic.
4. Roast for 25 minutes on a baking dish.
5. Meanwhile, mix chicken, peppers, oregano, onion powder, and feta in a medium bowl.
6. Remove eggplant from oven, top with chicken mixture.

A special thank you to Pat Anquoe, an OKCIC patient, for providing fresh eggplants from her garden for this recipe!