

Mini Papoutsakia with Quinoa and Feta

A delicious twist on the traditional Greek Papoutsakia, this recipe features mini eggplants stuffed with a hearty quinoa and feta filling. Perfect for a light meal or appetizer, it's both nutritious and satisfying.



Greek

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 small eggplant
- 1/4 cup cooked quinoa
- 1/4 cup crumbled feta cheese
- 1/4 small onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1/4 teaspoon dried oregano
- Salt and pepper to taste
- 1 tablespoon chopped fresh parsley (for garnish)

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the eggplant in half lengthwise and scoop out the flesh, leaving about 1/4 inch of the skin. Reserve the flesh for the filling.
- 3 Brush the eggplant halves with olive oil and place them on a baking sheet.
- 4 In a pan, heat olive oil over medium heat, add chopped onion and minced garlic, and sauté until translucent.
- 5 Chop the reserved eggplant flesh and add it to the pan, cooking for an additional 3-4 minutes.
- 6 Stir in the cooked quinoa, feta cheese, oregano, salt, and pepper. Mix well.
- 7 Stuff the eggplant halves with the quinoa mixture and bake for 25-30 minutes, until the eggplants are tender.
- 8 Garnish with fresh parsley before serving.