

Tortan Talong (Eggplant Torta)

Makes
4 servings

Prep time
10 minutes

Cook time
20 minutes

Good source of

Ingredients:

- 4 medium eggplant
- 1 Tbsp. plus 1 tsp. vegetable oil, divided
- 1/2 yellow onion, chopped
- 2 fresh garlic cloves, chopped
- 1/2 lb. ground turkey
- 1 cup tomatoes, diced
- 1 tsp. salt
- 1/4 tsp. black pepper
- 4 large eggs

Nutrition Facts

4 servings per container
Serving size 1 piece (619g)

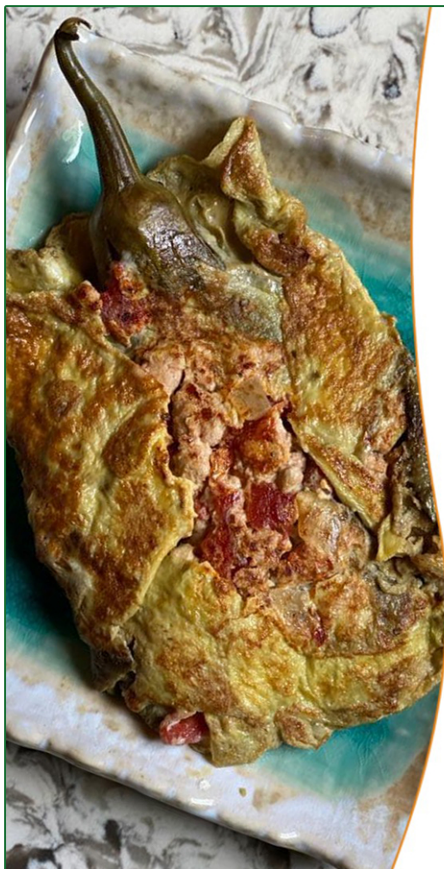
Amount per serving
Calories **280**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 690mg	30%
Total Carbohydrate 31g	11%
Dietary Fiber 13g	46%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 74mg	6%
Iron 2mg	10%
Potassium 1236mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a pot of boiling water, boil eggplant for 10 minutes, or until eggplant is tender.
2. Remove eggplant from heat and allow to cool under cold running water. Carefully peel and discard the skin, leaving the stem on, and set aside.
3. Heat 1 Tbsp. oil in a pan over medium heat. Sauté onion and garlic, about 3 minutes.
4. Add ground turkey and cook until brown, about 5 minutes.
5. Add diced tomatoes, salt, and black pepper, and cook an additional 3-5 minutes.
6. Remove turkey mixture from heat. Drain and set aside.
7. Break 1 egg into a large shallow bowl and whisk. Submerge 1 eggplant into the beaten egg, and flatten the eggplant with a fork. Flip the eggplant over and repeat on the other side.
8. In the same pan, add 1/4 tsp. oil. Holding the stem of the eggplant, carefully empty the egg and eggplant into the pan, making sure the eggplant lays flat. Place about 3 Tbsp. of meat mixture on top of the eggplant and cook for about 3 minutes.
9. Once the egg is firm, fold sides of the egg over the eggplant and meat mixture. Flip and cook on the other side for an additional 3-5 minutes.
10. Repeat steps 7 to 10 for the remaining eggplant. Serve hot. Refrigerate any leftovers.

