

EGGPLANT (AUBERGINE) MEATBALLS

From food.com

(serves 4)

Ingredients

- 1 large **eggplant** (do not peel)
- 2 beaten **eggs**
- 1/3 cup **Parmesan cheese** or **Romano cheese**
- 1 tsp mixed **Italian herbs**
- 1 tsp **garlic powder** (or sautéed garlic)
- 1 tsp **onion powder** (or sautéed onion)
- black pepper**, to taste
- sea salt**, to taste
- 1 cup **breadcrumbs** (more may be needed)

Instructions

- 1.** Slice eggplant and sprinkle with salt. Let sit 10 minutes to draw out water.
- 2.** Rinse and pat dry.
- 3.** Sauté on stovetop with a splash of olive oil and about 1/4 cup water until eggplant is soft.
- 4.** Remove and chop finely (rough chop, then use food processor).
- 5.** When eggplant is cool, whisk together with eggs, cheese, herbs, garlic, onion, salt and pepper.
- 6.** Then add breadcrumbs and mix until you get the consistency you want to form the balls.
- 7.** Place in a generously olive oiled pan about 1 inch apart and bake at 400° F until golden brown, about 40–60 minutes. Turn halfway through baking to ensure even browning.

NOTE This recipe works best if you bake this on the middle rack, flip at 18–20 mins, take out around 25–30 mins. (40–60 mins is too long).