Louisiana Harvest of the Month

Eggplant Meatballs

Home Recipe

Serves: 6
Prep Time: 60 minutes
Cook Time: 40 minutes

Ingredients

- ¼ cup olive oil
- 2 pounds eggplant
- ½ tsp kosher salt
- 2 cloves garlic, minced
- 1 Tbsp jarred sun-dried tomatoes, finely chopped
- 1 ¼ cup Italian panko breadcrumbs
- ½ cup grated Parmesan cheese
- Freshly ground black pepper

Cooking Instructions

1) Preheat the oven to 425 degrees Fahrenheit.
2) Cut the eggplant into 1/2 inch dice.
3) In a large bowl, quickly mix the eggplant with olive oil and kosher salt. Pour the eggplant onto a baking sheet lined with parchment paper and spread it into an even layer.
4) Roast for 25 minutes, then stir and roast 10 minutes more until browned and very tender. Remove and reduce the oven heat to 400 degrees Fahrenheit.
5) Add the warm eggplant to a bowl and mash it with a potato masher until chunky. Stir in the minced garlic, sundried tomatoes, Italian breadcrumbs, and Parmesan cheese.
6) Use clean hands to form the dough into 20 balls. You will include the eggplant skin right into the balls: try to evenly disperse them throughout each meatball.
7) Place the meatballs on a parchment lined baking sheet. Bake 18 to 20 minutes until lightly browned on top and very browned on the bottom. Allow to cool for 5 minutes or longer if desired. Serve with pasta of choice and marinara sauce.
8) Can be stored in the refrigerator for up to three days.

Nutrition Facts

6 Servings Per Container
Serving Size **201g**

Amount Per Serving	
Calories	**290**
	% Daily Value *
Total Fat 19g	**25%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 570mg	**25%**
Total Carbohydrates 24g	**9%**
Dietary Fiber 6g	**20%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 10g	
Vitamin D 0.1mcg	0%
Calcium 230mg	20%
Iron 1.6mg	8%
Potassium 460mg	10%

* The % Daily Value (DV) 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.

Ingredients: Eggplant, Bread Crumbs, Extra Virgin Olive Oil, Parmesan Cheese, Sun-dried Tomatoes, Garlic, Salt, Black Pepper
Contains: Wheat, Milk

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM