

Egg Plant Meatballs

Ingredients:

Cooking spray

½ tbsp olive oil

1 ¼ lbs unpeeled eggplant, cut into 1-inch pieces

Kosher salt

¼ tsp black pepper

2 garlic cloves, crushed

2 tbsp chopped basil, plus leaves for garnish if desired

1 ½ cups Italian seasoned breadcrumbs

1 large egg, beaten

2 oz pecorino Romano cheese and more for serving

1 tbsp chopped flat leaf parsley

1 25.25 oz jar Delallo Pomodoro sauce

(Optional) part skin ricotta cheese for serving

Directions:

Heat oven to 375°F. Spray a large rimmed baking sheet with cooking spray. Place 1½ tbsp olive oil in a large non-stick skillet over medium high heat. When hot add eggplant and ¼ cup water. Season with salt and pepper to taste and cook, stirring occasionally until tender, 10 to 12 minutes. Transfer to the bowl and add bread crumbs, beaten egg, Romano Cheese, parsley, garlic, and chopped basil into the eggplant season with ½ tsp kosher salt and 1/8 teaspoon of pepper. Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transferred to the baking sheet. Bake until firm and browned, or 20 to 25 minutes. Heat the sauce in a large deep skillet to warm it. Add the meatballs to the sauce and simmer for 5 minutes. Garnish with basil leaves and ricotta cheese.

Recipe Source:

<http://www.skinnytaste.com>