



Eggplant Meatballs

Recipe by: Chef Emily Richards

Location: Guelph, ON

Servings: 4 to 6 people

Preparation Time: 47 minutes



These spicy meatballs have no meat at all! Eggplant creates a wonderful texture and flavour for these meatballs and they are perfect to add to any pasta dish. Make them ahead and freeze them for later.

INGREDIENTS

- 1 eggplant (about 1 1/4 lb), chopped coarsely
- 1 cup (250 mL) seasoned breadcrumbs
- 1/3 cup (75 mL) grated Parmesan Cheese, divided
- 1 large egg
- 2 cloves garlic, minced
- 2 tbsp (30 mL) crushed hot chili pepper spread or 1 tsp (5 mL) hot pepper flakes
- 1/2 tsp (2 mL) salt
- 2 cups (500 mL) homemade or store-bought tomato basil pasta sauce
- 1 pkg (350 g) fresh fettuccini pasta

INSTRUCTIONS

1. Bring a large pot of water to boil. Add eggplant and stir in (eggplant will float). Boil for about 15 minutes, stirring occasionally until very soft. Drain well and press gently to remove some of the water from the eggplant. Place in a large bowl and let cool slightly.
2. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. When it comes to baking eggplant meatballs, [KitchenAid® Wall Ovens](#) are a great choice. Explore a range of configuration options.
3. Using a fork, mash eggplant coarsely. Stir in breadcrumbs, 1/4 cup (60 mL) of the cheese, egg, garlic, chili pepper spread and salt until a firm mixture forms. Shape into about 18 meatballs and place on a prepared sheet. Spray with cooking spray and bake for about 12 minutes or until firm and light

golden. (Meatballs can be made up to 2 days ahead and refrigerated or frozen for up to 2 weeks.) You can store all your fresh ingredients for later in a [KitchenAid® Refrigerator](#), available in a variety of configurations.

4. Pour sauce into a saucepan and bring to a gentle simmer. Add eggplant meatballs and let simmer for 5 minutes.
5. Meanwhile, in a pot of boiling water, cook pasta for about 5 minutes or until al dente. Drain well and return to the pot. Toss with sauce and eggplant meatballs to serve. Sprinkle with remaining cheese.

Tip: Use a small ice cream scoop to help shape the meatballs or about 2 tbsp (30 mL) of the mixture for a perfect sized meatball.

Substitute dried breadcrumbs and season them yourself with Italian seasoning for a wonderful flavour.

Nutrition Facts	
Per Serving (1 cup) (215 g)	
Calories 210	% Daily Value*
Fat 3.5 g	5 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 36 g	
Fibre 5 g	18 %
Sugars 8 g	8 %
Protein 8 g	
Cholesterol 5 mg	
Sodium 760 mg	33 %
Potassium 450 mg	10 %
Calcium 125 mg	10 %
Iron 2.5 mg	14 %

*5% or less is a little, 15% or more is a lot

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