

Eggplant Meatballs

Ingredients

cooking spray
1/2 tbsp olive oil
1 1/4 lbs unpeeled eggplant, cut into 1-inch pieces
kosher salt
1/4 tsp black pepper
2 garlic cloves, crushed
2 tbsp chopped basil, plus leaves for garnish
1 1/2 cups Italian seasoned breadcrumbs
1 large egg, beaten
2 ounces Pecorino Romano cheese, freshly grated, plus more for serving
1 tablespoon chopped flat-leaf parsley

Instructions

- Heat the oven to 375°F. Spray a large rimmed baking sheet with cooking spray.
- Place 1/2 tablespoon olive oil in a large nonstick skillet over med-high heat. When hot add the eggplant and 1/4 cup water. Season with s and p to taste and cook until tender, 10-12 minutes.
- Transfer to the bowl of a food processor and pulse a few times.
- Transfer to a bowl and add bread crumbs, egg, cheese, parsley, garlic and basil. Mix until combined and taste for seasoning.
- Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transfer to the prepared baking sheet.
- Bake until firm and browned, about 20 to 25 minutes..

ADAPTED FROM SKINNY TASTE

