

Eggplant Meatballs

Ingredients:

1 small eggplant (about 12 ounces)

1 large egg, lightly beaten

1 large clove garlic, minced

½ cup finely chopped fresh basil leaves

½ cup finely grated parmesan cheese

¾ teaspoon salt

½ teaspoon ground pepper

1 cup whole-wheat panko-style

bread crumbs

¼ cup nutritional yeast

Directions:

- Preheat the oven to 375 degrees F. Line a rimmed baking sheet with foil and place the whole eggplant on top.
- Use a fork to prick the eggplant 4 times, then place the eggplant in the oven and roast it until it has completely collapsed and a paring knife easily slips into the center, 40 to 50 minutes. Cool the eggplant 20 minutes.
- Once cooled, slice the eggplant in half lengthwise and use a spoon to scoop out the flesh (discard the skin).
- Place the roasted eggplant in a medium bowl and stir in the egg. Add the garlic, basil, parmesan, salt and pepper and stir to combine, and then mix in the breadcrumbs and nutritional yeast.
- Again, line the rimmed baking sheet with a clean sheet of foil and lightly mist it with spray.
- Shape the eggplant mixture into balls about the size of a golf ball (2 tablespoons per ball; you should get about 16).
- Place the eggplant balls on the prepared baking sheet and bake until they are golden brown and firm, about 20 minutes.
- Enjoy with your favorite marinara sauce!

