Italian baked stuffed eggplant

Italian Baked Stuffed Eggplant

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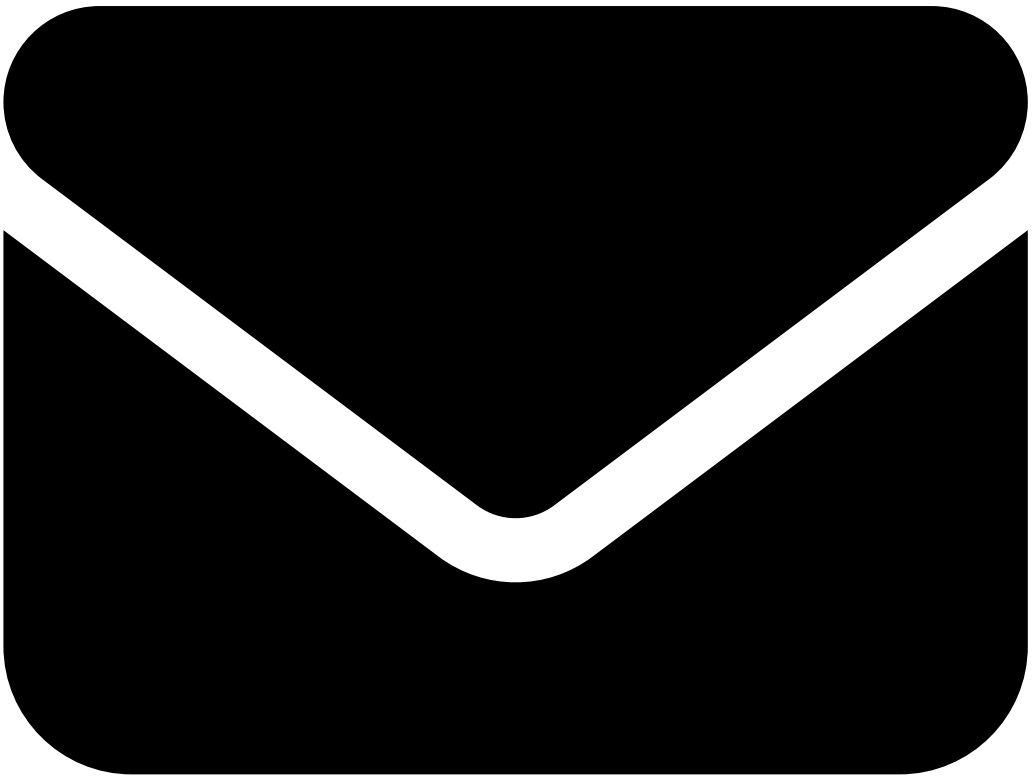




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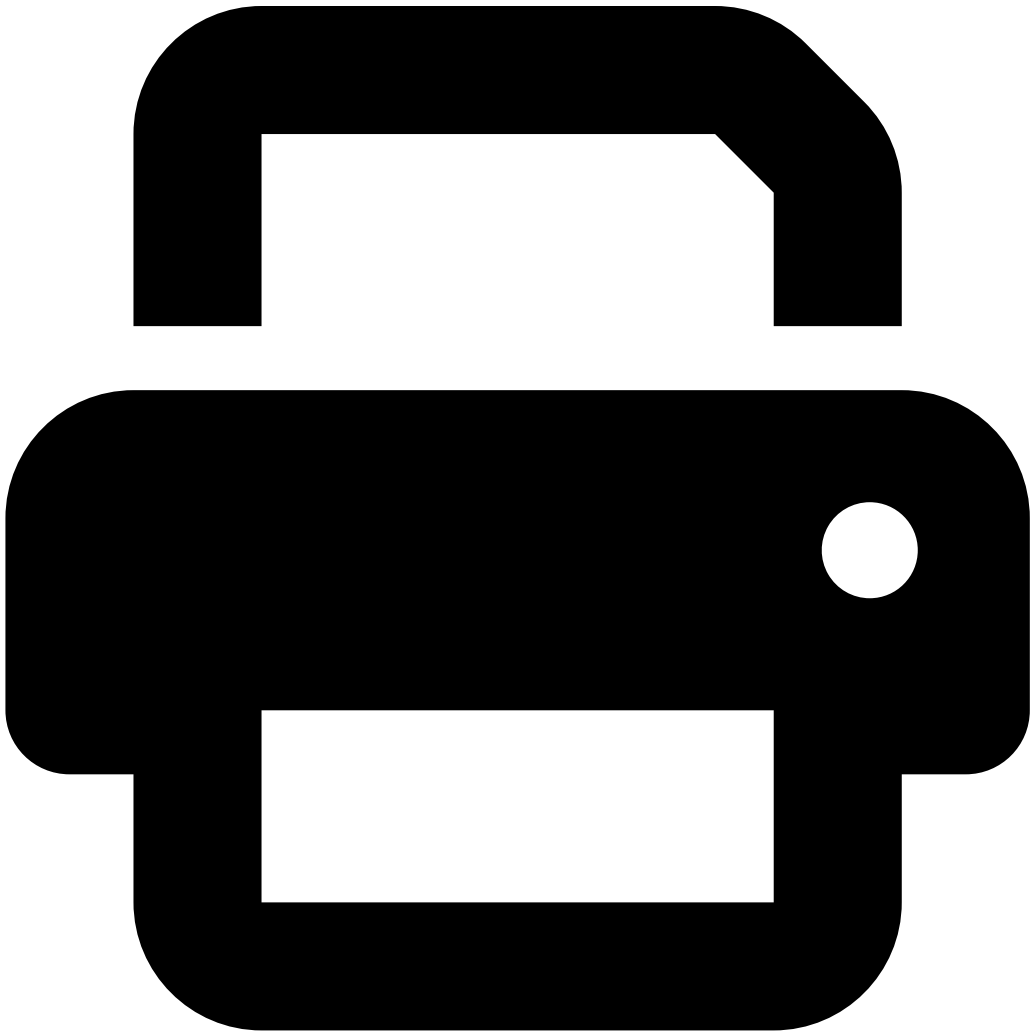

When I was growing up , my mother would make this incredible Italian baked stuffed eggplant. It was one of those dishes that filled the house with the warm, familiar comforting aromas of garlic, herbs and bubbling cheese. For her it wasn’t just about creating a meal, it was about bringing the family together.

I still remember standing on tiptoes to peek into the kitchen watching her scoop out the eggplants with such precision that even as a child somehow I knew she had done it many times before. She always said the secret was in the balance of the ingredients- the sweetness of the roasted eggplant, the heartiness of the Italian sausage and the creaminess of the cheese. It was a dish that transformed humble ingredients into something delicious.

Today , I’m sharing my mother’s recipe with a few modern twist of my own. This dish is my way of keeping those cherished memories alive and sharing them with my own family – and now

with you.

Tips for an easier Italian baked stuffed Eggplant recipe

1. Use small eggplant: Opt for baby eggplant or smaller globe eggplants. They require less scooping and cook faster.
2. Skip the Pre- salting: Modern eggplants are usually less bitter, so you can skip salting them to save time.
3. Pre-cook the eggplant shells: Roast the hollowed -out eggplant halves before stuffing. This softens the flesh reducing cook time.

Simplify the filling: Use pre- cooked or leftover rice. Also this Italian stuffed eggplant recipe can be made ahead of time making it the perfect option for busy schedules or holiday entertaining. To prepare in advance, assemble the stuffed eggplant by hollowing them out, preparing the filling and stuffing the shells. Cover and store the assembled eggplants in the refrigerator up to a day ahead. When ready to cook, transfer them to baking dish cover with foil and baking as directed, adding a few extra minutes if baking directly from the cold refrigerator.

Storage

Store leftover stuffed eggplant in an airtight container in the refrigerator for up to **3–4 days**. Reheat in a 350°F oven until heated through. You can also microwave individual portions, although the oven will give you a better texture.

What to Serve With It

- Simple Italian green salad
- Crusty Italian bread
- Garlic bread

- Pasta with marinara

Roasted vegetables

More Italian Main Courses

Looking for more Italian-inspired dinner ideas? Take a look at my **Main Courses** for easy, comforting recipes made for home cooks.

Chicken Marsala– Tender chicken in a rich, savory mushroom and Marsala sauce. A restaurant favorite that’s easy to make at home.

Chicken Fettuccine Alfredo – Creamy, comforting pasta with tender chicken and a silky Alfredo sauce. A family-friendly dinner that comes together in under 30 minutes.

Sunday Meatball Sauce – A hearty Italian-American sauce made with sausage, pork, and Mama’s meatballs. Perfect for a Sunday dinner with pasta and plenty of crusty bread.

A few simple tools make preparing this recipe easier. Here are some of the kitchen essentials I use:

- **Baking Dish** – Perfect for baking the stuffed eggplant evenly.
- **Chef’s Knife** – A sharp knife makes cutting and preparing the eggplant much easier.
- **Cutting Board**– A sturdy board for prepping your vegetables and ingredients.
- **Measuring Cups & Spoons**– Helpful for getting your ingredients just right.

Italian Baked Stuffed Eggplant



Italian Baked Stuffed Eggplant is a hearty, comforting dish made with tender eggplant filled with a savory Italian-style mixture and baked until golden and delicious. It’s an easy meatless dinner that brings simple Mediterranean flavors to the table.

- 4 small eggplant
- 3 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 small chopped onion
- 2 Italian sausage links casings removed
- 2 cups cooked rice
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- 1 cup shredded mozzarella
- 2 cups marinara sauce

1. Pre heat your oven to 400- degrees
2. start by cleaning the eggplant. Then cut in half with a paring knife remove the flesh from the eggplant being sure to not to cut through the skin. Then drizzle with half the olive oil. salt and pepper to taste.
3. Pre bake the eggplant shells in a preheated 400- degree oven for 12-15 minutes. or until softened.
4. In the mean time prepare the filling. In a large saute

pan in the remaining olive oil cook the onion and garlic until soft and translucent. Then add in the sausage and cook until brown. Breaking it up as you go.

5. Remove from the fire and mix in the cooked rice, egg, half of the grated parmesan , one cup of the marinara, egg, parsley, salt and pepper. Mix well.
6. Divide the filling among the prebaked eggplant shells top each one with the remaining marinara , grated parmesan and the shredded mozzarella.
7. Re bake the filled eggplant for an additional 15 minutes. Turning on the broiler the last 5 minutes. Top with additional fresh Italian parsley.

Choose eggplants that feel firm and heavy for their size. If you’re using larger eggplants, you can lightly salt the cut side and let them sit for about 15 minutes before patting them dry. This helps remove excess moisture before baking.

Main Course

Italian

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