Melanzane polpetta eggplant meatballs

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Melanzane polpette eggplant meatballs are a delicious meatless alternative to the traditional meatball recipe. Moist and flavorful with the fresh taste, light taste of ricotta cheese and the sharp taste of a good freshly grated parmesan.

No flavor is lost in this flavor and hearty Italian eggplant meatballs. It’s a delicious alternative when your craving Italian flavors and want vegetarian too.

Your whole family will enjoy these tender melanzane polpette that pair perfectly with your favorite pasta. vegetable side or by themselves with crusty bread.

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Ingredients for melanzane polpette eggplant meatballs

Eggplant: Eggplant is the “meat” in this eggplant meatball and with good reason. It’s rich , meaty and spongy texture holds up well and complements the other ingredients.

Almost any variety of eggplant can be used in this recipe. I prefer to use the large globe eggplant because it has the most meaty pulp. When select an eggplant, look for a slightly firm, but not hard, texture and choose an eggplant that’s heavy for it’s size.

Breadcrumbs: breadcrumbs act as a binder for the eggplant mixture and also absorbs the juices from the meatballs as they cook.

Oil: I use a 50/50 blend of canola and extra virgin olive oil for frying. It has a high smoke point and the olive oil adds flavor.

Ingredients

- 1 medium eggplant
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 2 eggs
- 2 Tbsp. chopped Italian parsley
- 1 minced garlic
- 1/3 cup chopped onions
- 2 Tbsp. olive oil
- salt and pepper to taste
- 2 cups oil for frying
- 4 cups marinara sauce
- 2 cups ricotta cheese
- 2 Tbsp. chopped basil

Instructions

1. cut the unpeeled eggplant into small dice. Drizzle with the olive oil, salt and roast in a 375-dregree oven for 15 to 20 minutes. Mash the eggplant using a fork
2. Meanwhile in a bowl add the eggs and wisk to combine mix in the rest of the ingredients, mix well. add in the

mashed eggplant and mix just until well mixed. Refrigerate the mixture for at least 30 minutes . Then form into golf size balls

3. Bake in a 375- degree oven for 20 minutes. Heat your favorite marinara add the eggplant meatballs o the sauce. add the basil add dollops of ricotta in between the meatballs. ENJOY!!!