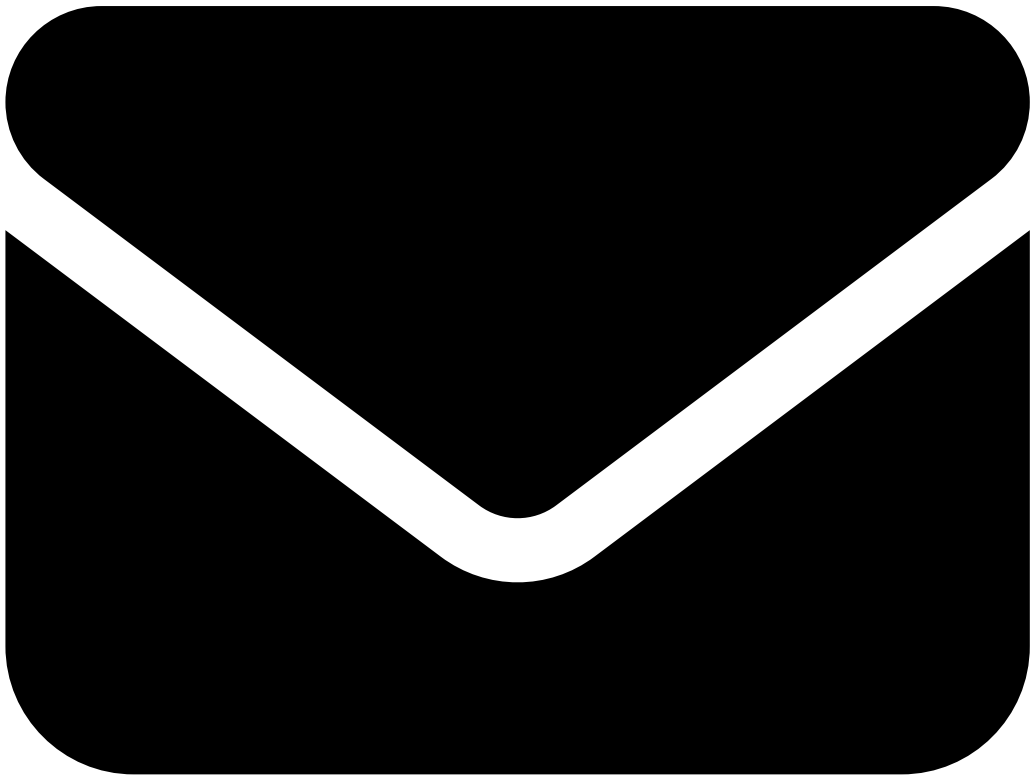


# My Mom's Italian Vegetarian Stuffed Eggplant

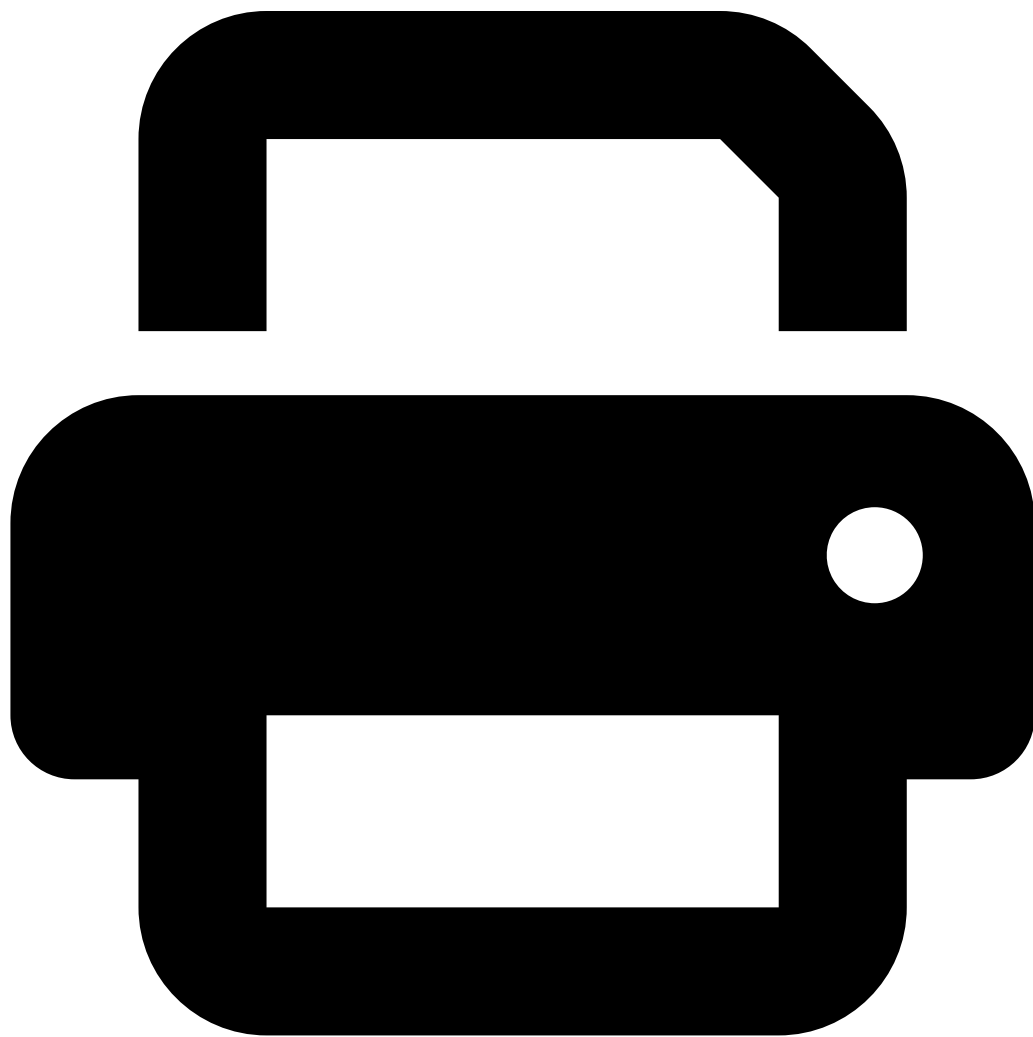
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There are some recipes that stay with you because they taste like home. This is one of those recipes for me.

Every summer, when the eggplants are growing in my garden, I think of my mom and these little stuffed eggplants she used to make. **There's something especially satisfying about picking the eggplant right from the garden and turning it into a recipe that has been part of my family for years.** She would hollow out the small eggplants and use the flesh to make the filling, so nothing went to waste.

The chopped eggplant is sautéed with onion, garlic, and a few sweet cherry tomatoes, then combined with breadcrumbs, Parmesan, fresh parsley, and egg. The shells are roasted first until just tender, then filled with the savory mixture.

Finally, they're topped with my homemade marinara and shredded mozzarella and baked again until the cheese is melted and

bubbling.

It's simple, old-fashioned Italian cooking at its best—a **recipe that brings together the garden, my mom's kitchen, and the flavors I grew up with.**

## Why You'll Love This Recipe

- A traditional-style Italian vegetarian eggplant recipe
- Uses the entire eggplant—nothing goes to waste
- The eggplant shells are roasted before stuffing for extra flavor
- The filling is made with breadcrumbs, Parmesan, parsley, and egg
- Homemade marinara and melted mozzarella make it extra comforting
- Perfect as a vegetarian main course or hearty side dish

## Good to Know

**Choose small eggplants.** They have tender skin and flesh and are the perfect size for stuffing. I like using small Italian or baby eggplants rather than large globe eggplants for this recipe.

**Don't hollow the shells too much.** You want enough eggplant around the edges so they hold their shape while roasting and baking.

**Let the filling cool slightly before adding the egg.** You don't want the hot vegetables to cook the egg before everything is mixed together.

**The filling should be flavorful on its own.** Taste it before stuffing and adjust the salt and Parmesan if needed.

**Use a good marinara.** Since the sauce goes over the eggplant

and into the baking dish, homemade marinara makes a big difference.

## Serving Suggestions

These stuffed eggplants make a wonderful **vegetarian Italian main course** with a simple green salad and crusty Italian bread.

They're also delicious served as a side dish alongside roasted chicken, grilled meats, or fish.

And honestly, they're even better the next day after the flavors have had time to come together.

## A Taste of Home

My mom's cooking was never about complicated ingredients or fancy techniques. It was about taking simple vegetables and turning them into something the whole family would want to sit down and eat.

That's exactly what I love about these stuffed eggplants. **The eggplant becomes both the vessel and part of the filling, while the tomatoes, garlic, Parmesan, and marinara bring everything together.**

It's the kind of Italian recipe that reminds me that some of the best food doesn't need to be complicated—it just needs to be made with love.

## Frequently Asked Questions

**Can I make these stuffed eggplants ahead of time?**

Yes. You can prepare and stuff the eggplants, cover them, and

refrigerate them for up to 24 hours. Add the mozzarella just before baking for the best result.

## **Can I use regular breadcrumbs?**

Absolutely. Plain Italian breadcrumbs work beautifully. If using plain breadcrumbs, you can add a little extra parsley and Parmesan for more flavor.

## **Can I use a different cheese?**

Mozzarella is my choice for the melted topping, but you can add a little provolone or Pecorino Romano for a stronger Italian flavor.

## **Are these vegetarian?**

Yes. The filling contains no meat. The eggplant is stuffed with its own flesh, vegetables, breadcrumbs, Parmesan, parsley, and egg, then topped with marinara and mozzarella.

## **More Italian Recipes You'll Love**

If you love simple Italian recipes made with fresh vegetables and classic ingredients, here are a few more recipes from my kitchen you might enjoy. **These are the kinds of dishes I love making with the vegetables growing in my garden and the Italian flavors I grew up with.**

- **Italian Green Beans, Potatoes & Tomatoes** – A simple, rustic vegetable dish simmered in a light tomato sauce.
- **Italian Zucchini Fritters** – Crispy on the outside, tender inside, and a delicious way to use fresh zucchini.
- **Easy Homemade Italian Marinara Sauce** – My go-to tomato sauce for pasta, baked dishes, and recipes like these



stuffed eggplants.

- **Italian Vegetable Recipes** – More simple Italian-inspired ways to turn fresh vegetables into something special.

If you make these stuffed eggplants, I'd love to hear how they turned out! Leave a comment below and let me know if they remind you of something your mother or grandmother used to make.

## My Mom's Italian Vegetarian Stuffed Eggplant



Small Italian eggplants are hollowed and roasted until tender, then filled with their own sautéed flesh, cherry tomatoes, onion, garlic, breadcrumbs, Parmesan, parsley, and egg. Topped with homemade marinara and mozzarella, they're baked until bubbling and golden. A comforting vegetarian family recipe inspired by my mom's cooking and made even more special with fresh eggplant from the garden.

### For the Eggplant

- 4 small eggplants
- 2 Tbsp. extra virgin olive oil
- salt and pepper

## For the Filling

- The chopped eggplant flesh from the shells
- 1/2 cup onion, finely chopped
- 2 cloves garlic , minced
- 1 cup Italian-seasoned or plain breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/3 cup fresh Italian parsley, chopped
- 1 large egg
- salt and pepper to taste

## For Topping

- 2 cups homemade marinara sauce
- 1 cup shredded mozzarella
- Fresh parsley or basil, for serving

### 1. Prepare the Eggplant

Preheat the oven to **400°F**.

Wash and dry the eggplants. Cut them in half lengthwise. Using a small spoon or paring knife, carefully hollow out the center, leaving enough flesh around the edges so the shells remain sturdy.

Chop the eggplant flesh into small pieces and set aside.

Place the eggplant shells cut-side up on a lightly oiled baking sheet. Drizzle with olive oil and season with salt and pepper.

Roast for about 10-15 **minutes**, or until the shells begin to soften but still hold their shape.

### 2. Make the Filling

While the shells roast, heat the olive oil in a large

skillet over medium heat.

Add the chopped onion and cook until softened. Add the garlic and cook for about 30 seconds.

Add the chopped eggplant and cherry tomatoes. Season with salt and pepper and sauté until the eggplant is tender and the tomatoes have softened.

Remove from the heat and allow the mixture to cool slightly.

Transfer to a bowl and stir in the breadcrumbs, Parmesan, parsley, and egg. Mix until everything is well combined.

The filling should be **moist enough to hold together but not wet**. Add a little more breadcrumbs if needed.

### 3. **Stuff the Eggplant**

Spoon the filling generously into the roasted eggplant shells, gently pressing it into the cavities.

line a baking dish with half of the marinara sauce , arrange the stuffed eggplant on top

Spoon marinara sauce over each eggplant, then sprinkle generously with shredded mozzarella.

### 4. **Bake Again**

Reduce the oven temperature to **375°F**.

Bake for approximately 40 – 45 **minutes**, until the filling is heated through and the mozzarella is melted and lightly golden.

For a more browned, bubbly top, place the eggplant under the broiler for the last 1–2 minutes, watching

carefully.

Let them rest for a few minutes before serving.

Main Course, Side Dish

Italian

Italian stuffed eggplant, vegetarian stuffed eggplant,