

Aunt Vera's Eggplant Meatballs 'polpette della melanzana'

Le ricette di cucina di Mary Emma

Courtesy of Vera Rappazzo of Albany, New York



Aunt Vera Rappazzo is an excellent Italian cook whose family loves all the traditional Italian meals that she makes but especially her eggplant meatballs. This recipe will be enjoyed by one and all including ovo-lacto vegetarians.

If you have never had an eggplant meatball you are really missing out on a superb alternative to an Italian basic food (meatballs). Try Aunt Vera's eggplant meatballs and you will see that they are utterly delicious and you will be making them over and over again.

Ingredienti

- 1 medium eggplant
- 1-2 cups Progresso seasoned bread crumbs
- ½ cup + 2 tablespoons Romano grated cheese
- 1 egg
- 2 cloves minced garlic
- ¼ tsp. Ground pepper
- 1 tablespoons fresh chopped parsley (optional) ¼ cup olive oil
- 2 cups prepared marinara sauce

Come Fare

Peel eggplant and cut into chunks. Place in pot and cover with water. Boil until tender.

Place in colander and drain well press lightly if necessary. When cool, place eggplant in large bowl adding next 6 ingredients, starting with 1 cup of Progresso seasoned breadcrumbs.

Using a full tablespoon, roll into balls about the size of a walnut.

If mixture cannot be made into balls, add more Progresso seasoned bread crumbs, a little at a time, until easy to form.

Fry in oil over medium heat, browning on all sides. Remove with slotted spoon.

Put ¼ cup marinara sauce on bottom of shallow baking dish. Place meatballs in dish and cover with remaining sauce. Sprinkle with 2 tablespoons Romano grated cheese and bake in preheated 350o oven for 30 minutes.

Can be served hot or cold.

Makes excellent side dish or sandwich.

Buon Appetito!

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