



Eggplant Artichoke Balls



Prep Time

15 mins

Cook Time

30 mins

Total Time

45 mins

Ingredients

- 1 medium eggplant skin removed and cut into 1inch cubes.
- 1/2 cup marinated artichoke quarters diced
- 2 clove garlic minced
- 2 teaspoons olive oil
- 1/2 cup vegetable broth
- 1/2 cup bread crumbs Italian seasoned
- 1 egg beaten
- 1/2 cup Parmigiano Regianno Cheese
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Dash of sea salt

- Dash of black pepper
- 1 jar marinara sauce
- Olive Oil spray

Directions

1. Preheat oven to 350 degrees F.
2. Heat olive oil over medium heat in a large sauté pan.
3. Add garlic and cook for 1-2 minutes.
4. Add eggplant and artichokes to sauté pan.
5. Pour vegetable broth into pan, cook ingredients until eggplant is soft (about 15 minutes)
6. When eggplant is tender remove from sauté pan and place into a medium bowl.
7. Add to eggplant bread crumbs, egg, cheese, oregano, basil, salt, and pepper.
8. Combine ingredients well.
9. Using 1-2 tablespoons of eggplant mixture form balls (about 20).
10. Coat a baking pan with olive oil spray.
11. Place eggplant artichoke balls onto the baking pan.
12. Place balls into oven and brown for 20 minutes.
13. After eggplant artichoke balls are browned remove them from the oven and place into a large sauté pan.
14. Pour marinara sauce over eggplant artichoke balls.
15. Heat over medium heat for about 5-10 minutes or until heated through.