

# Eggplant Balls

**Yield: 8 servings**

## Ingredients

6 tablespoons olive oil  
 2 pounds eggplant; 8 cups  
 unpeeled, cut into 1-inch cubes  
 2 teaspoons kosher salt  
 1 teaspoon black pepper; ground  
 2 cups onion; chopped  
 2 tablespoons garlic; minced  
 2 cups cannellini beans; canned  
 ½ cup parsley; fresh, chopped  
 2 cups bread crumbs

## Instructions

1. Preheat oven to 375 degrees and gather ingredients and equipment needed.
2. Use ½ of the olive oil to grease a baking sheet and another ½ to heat in a large skillet over medium-high heat.
3. When the skillet is hot, add the eggplant and 1 cup of water. Sprinkle with salt and pepper and cook, stirring occasionally, until the pieces shrivel.
4. Cook until they are tender and have some color, 10 to 15 minutes, then transfer the eggplant to the bowl of a food processor. Add the remaining ½ of olive oil to the pan along with the onion and garlic and return to heat.
5. Cook, stirring frequently until onions are soft and translucent.
6. Drain the beans and rinse before using. Add the beans and parsley to the food processor bowl with the eggplant and pulse until well combined and chopped, but NOT pureed.
7. Toss the eggplant mixture with the onion and garlic, and then add breadcrumbs. Taste and adjust the seasoning.
8. Roll the mixture into balls about 2 inches in diameter. Transfer to baking sheet, and bake undisturbed until they are firm and well browned, 25 to 30 minutes.

## Nutrition Information

**Serving Size: 3 balls**

Calories: 211  
 Total Fat: 4.5 g  
 Saturated Fat: 0.7 g  
 Monounsaturated Fat: 0.3 g  
 Sodium: 589.8 mg  
 Total Carbohydrate: 37.2 g  
 Dietary Fiber: 8.1 g  
 Sugars: 29.1 g  
 Protein: 7.6 g

Source: Bittman, M. (2014). The VB6 cookbook: More than 350 recipes for healthy vegan meals all day and delicious flexitarian dinners at night. New York, NY: Clarkson Potter.



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