



Sausage Stuffed Eggplant

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

2

Description

A local winery restaurant serves a sausage stuffed eggplant appetizer that is so delicious. While trying to duplicate it at home, I found this to be one of our favorite eggplant dinners. Be sure to select an eggplant that is smooth, blemish-free, and kind of heavy for its size. Serve with a green salad.

Ingredients

- 1 (1 1/2 pound) eggplant
- halved lengthwise - 1 tablespoon olive oil - bulk Italian sausage - 1/4 teaspoon garlic powder - 1/4 teaspoon dried Italian seasoning - 1/2 teaspoon ground black pepper - 2 cups spaghetti sauce
- divided - 1 cup shredded mozzarella cheese
- divided - 2 tablespoons dry bread crumbs - 1 egg
- beaten

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Brush cut sides of eggplant with olive oil; place
2. cut-sides up
3. onto a baking sheet. Roast in the preheated oven for 30 minutes
4. then allow to cool slightly. Keep the oven on. Meanwhile
5. brown Italian sausage in a skillet over medium-high heat; drain off grease. Transfer sausage to a mixing bowl; season with garlic powder
6. Italian seasoning
7. and black pepper. Stir in 1/2 cup spaghetti sauce
8. 1/2 cup mozzarella cheese
9. bread crumbs
10. and egg; mix well. Scoop out flesh of roasted eggplant
11. once cooled
12. to within 1/2-inch of the skin to create a shell. Roughly chop eggplant flesh; fold into sausage mixture. Divide evenly among two eggplant shells; sprinkle with remaining 1/2 cup mozzarella cheese. Bake in the preheated oven until the filling has set and the cheese is bubbly and golden-brown
13. about 30 minutes. While the eggplant is baking
14. warm the remaining 1 1/2 cups spaghetti sauce in a saucepan over medium-low heat to serve with the eggplant.