

Stuffed Eggplant

Savannah · 28/09/2024

**Prep Time**

1 hr 15 mins

Difficult

Medium

Servings

4

Description

This delicious stuffed eggplant with a cheesy top is a musttry recipe Great as a hearty main but you can buy the mini eggplants and use them for a side dish or appetizer

Ingredients

- - 1 (1½ pound) eggplant
- halved lengthwise - 3 tablespoons olive oil
- divided - 1/2 teaspoon salt - 1/2 teaspoon ground black pepper - 1/2 pound sweet Italian sausage
- casings removed - 1 cup chopped onion - 1 cup sliced fresh mushrooms - 4 cloves garlic
- minced - 2 tablespoons chopped fresh basil - 1 cup tomato-basil pasta sauce - 3/4 cup Italian seasoned panko bread crumbs
- divided - 1/2 cup grated Parmesan cheese
- divided

Instructions

1. Gather ingredients. Preheat the oven to 350 degrees F (175 degrees C). Line a rimmed baking sheet with foil. Dotdash Meredith Food Studios Cut around the edge of the flesh in each eggplant half using a sharp paring knife
2. leaving a 1/2-inch border. Scoop out flesh using a spoon
3. leaving 1/2-inch-thick shell; reserve flesh and chop into bite-size pieces. Dotdash Meredith Food Studios Brush shells with 2 tablespoons olive oil and season with salt and pepper; set aside. Dotdash Meredith Food Studios Heat remaining 1 tablespoon olive oil in a large
4. deep skillet over medium high heat. Add sausage
5. onion
6. mushrooms
7. and garlic; cook and stir until sausage is evenly brown. Stir in reserved chopped eggplant and basil. Add pasta sauce; cook and stir for 5 minutes. Mix in 1/2 cup of panko and 1/4 cup Parmesan cheese. Dotdash Meredith Food Studios Stuff mixture into eggplant shells. Combine remaining panko and cheese in a small bowl; sprinkle over stuffing. Dotdash Meredith Food Studios Bake in the preheated oven until eggplant is tender
8. 45 to 50 minutes. Dotdash Meredith Food Studios Test Kitchen Tips This recipe was tested in our test kitchen in May 2023 and updated to bake for 45 minutes. We used less bread crumbs
9. and added 1 cup of sliced mushrooms
10. chopped onion
11. and tomato-basil sauce.