Vegan Eggplant Meatballs
slightly adapted from Mark Bittman's VB6 Cookbook

2 Tbsp olive oil
1 medium onion, chopped
1 Tbsp minced garlic
1 lb unpeeled eggplant, cut into 1 inch pieces
1 tsp kosher salt
½ tsp black pepper
1 cup cooked white beans
¼ cup fresh parsley
1 ½ cup whole wheat breadcrumbs or panko
pinch red chili flakes

• Preheat oven to 375F. Grease a large rimmed baking sheet.
• In a large skillet, saute onion in olive oil over medium high heat until soft.
• Add garlic saute for 1 minute stirring constantly.
• Add eggplant and ¼ cup water.
• Season with salt and pepper and cook, stirring occasionally until tender, 10-15 minutes.
• Transfer to food processor along with beans and parsley. Pulse until well combined and chopped but not pureed.
• Mix in bread crumbs and chili flakes by hand.
• Roll into 12 meatballs, about 2 inches in diameter.
• Place on the prepared baking sheet and bake until firm and browned about 25 -30 minutes.
• Serve anyway you would traditional meatballs.

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