

# Eggplant or Zucchini Meatballs

A little water

1 medium onion, diced

1 medium eggplant, unpeeled, cut into  $\frac{1}{4}$  -  $\frac{1}{2}$  inch dice or 3 small zucchini, diced to make 4 cups

1  $\frac{1}{2}$  cups walnuts or pecans, toasted and coarsely chopped (walnuts are better)

2 cups dried bread crumbs

$\frac{1}{2}$  cup firm tofu processed until smooth (or silken tofu so you don't have to process it!)

$\frac{1}{3}$  cup nutritional yeast flakes

3 cloves garlic, crushed

2 Tbsp lemon juice

$\frac{1}{4}$  cup chopped fresh parsley or 1 tablespoon dried

1 tablespoon dried oregano

$\frac{1}{2}$  cup coarsely chopped basil or 1 tablespoon dried

1 teaspoon salt

Vegetable oil spray

Preheat oven to 375 degrees. Lightly spray a baking sheet with "Pam".

1. Heat a little water in a large skillet. When the skillet is hot, add the onion and sauté on medium-low until translucent, about 5 minutes.
2. Add the eggplant or zucchini and a sprinkle of salt; sauté until the vegetables are soft and fragrant, 8-10 minutes. If the eggplant dries out too quickly and begins to stick, add a bit more water.
3. Transfer to a large mixing bowl.
4. Add the nuts to the eggplant and mix thoroughly.
5. Transfer a generous cup of the eggplant mixture to the food processor. Process until pureed and return to the bowl.
6. Add the bread crumbs, tofu, nutritional yeast flakes, garlic, lemon juice, parsley, oregano, basil, and salt - mix well.
7. Use small ice cream scoop to create small sized meatballs.
8. Place the eggplant balls on the prepared baking sheet and spray with vegetable oil spray.
9. Bake 40 minutes, until a deep golden brown with a nice crust.

Notes: Zucchini in place of eggplant is just as tasty! If at all possible, use fresh parsley and fresh basil. Can also use okra as it has a flavor similar to eggplant.

Adapted from *Totally Vegetarian* by Toni Fiore.

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