

EGGPLANT MEAT(LES)BALLS

Ingredients

1 medium eggplant	½ tsp black pepper
1 clove garlic	½ tsp garlic powder
1 tsp olive oil	4 Tbsp grated Parmesan
6 Tbsp uncooked oat bran	½ tsp salt
1 tsp Italian seasoning	1 large egg (or ¼ cup liquid egg substitute)
½ tsp crushed red pepper flakes	

Directions

1. Preheat the oven to 350 degrees. Line a cookie sheet with parchment paper.
2. Peel and cube eggplant. Place in saucepan with water to boil or steam until tender, just a few minutes. Once tender, strain to remove excess liquid.
3. Put eggplant in a bowl and combine the rest of the ingredients.
4. Form mixture into balls (I use a 1 oz. scoop) and place on the parchment paper. They will be fairly soft.
5. Bake 20-25 minutes. Serve with your favorite spaghetti sauce.

Serves 5 (makes about 30 meatballs)