

# Sausage-Stuffed Eggplant



A local winery/restaurant serves a 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 it's size. Serve with a green salad.

By Tanya Belt

**Prep:** 15 mins

**Cook:** 1 hr

**Total:** 1 hr 15 mins

**Servings:** 2

**Yield:** 2 servings



## Ingredients

- 1 (1 1/2 pound) eggplant, halved lengthwise
- 1 tablespoon olive oil
- 1/2 pound bulk Italian sausage
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried Italian seasoning
- 1/8 teaspoon black pepper
- 2 tablespoons dry bread crumbs
- 2 cups spaghetti sauce, divided
- 1 cup mozzarella cheese, divided
- 1 egg, beaten

## Directions

### Step 1

Preheat oven to 400 degrees F (200 degrees C).

### Step 2

Brush cut sides of eggplant with olive oil and place, cut-side up onto a baking sheet. Roast in preheated oven for 30 minutes, then remove and allow to cool slightly.

### Step 3

Meanwhile, brown the Italian sausage in a skillet over medium-high heat; drain off the grease. Place into a mixing bowl, and season with garlic powder, Italian seasoning, and pepper. Stir in bread crumbs, 1/2 cup of spaghetti sauce, 1/2 cup of mozzarella cheese, and the beaten egg; mix well.

### Step 4

Once the roasted eggplant has cooled enough to handle, scoop out the flesh to within 1/2-inch of the skin to create a shell. Roughly chop the eggplant meat, and fold into the sausage mixture. Divide evenly among the two eggplant shells, and sprinkle with remaining mozzarella cheese.

### Step 5

Bake in preheated oven until the filling has set, and the cheese is bubbly and golden-brown, about 30 minutes. While the eggplant is baking, warm the remaining spaghetti sauce in a saucepan over medium-low heat to serve with the eggplant.

## Nutrition Facts

**Per Serving:** 836 calories; protein 40.7g; carbohydrates 64.2g; fat 47.4g; cholesterol 178.8mg; sodium 2410.9mg.

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