



ITALY

DINNER

[PRINTABLE RECIPE PDF](#)

Italian Stuffed Eggplant

Melanzane Ripiene, or stuffed eggplant, is a cherished dish in Sicilian cuisine, often prepared during the summer months when eggplants are at their peak. This

PREP

30 min

COOK

45 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **4 medium** eggplants - cut in half lengthwise and hollowed out
- **1 cup** cooked rice - preferably short grain or arborio
- **1 cup** ground beef or sausage - optional for a meat variation
- **1 medium** onion - finely chopped
- **2 cloves** garlic - minced
- **1 can** diced tomatoes - 14 oz can, drained
- **1/2 cup** parmesan cheese - grated, plus extra for topping
- **1/4 cup** fresh basil - chopped
- **1/4 cup** olive oil - for cooking and drizzling
- **to taste** salt
- **to taste** pepper

WHY THIS WORKS

About this recipe

A printable Italian Stuffed Eggplant recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Melanzane Ripiene, or stuffed eggplant, is a cherished dish in Sicilian cuisine, often prepared during the summer months when eggplants are at their peak. This recipe showcases the region's rich agricultural heritage and the use

ORIGIN & TRADITION

Mediterranean context

Melanzane Ripiene, or stuffed eggplant, is a cherished dish in Sicilian cuisine, often prepared during the summer months when eggplants are at their peak. This recipe showcases the region's rich agricultural heritage and the use of fresh, local ingredients.

METHOD

Step-by-step instructions

1

Preheat the oven to 375°F (190°C). In a pan, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and garlic, sauté until translucent.

2

If using meat, add the ground beef or sausage to the pan, cooking until browned. Stir in the diced tomatoes, cooked rice, basil, and half of the parmesan cheese. Season with salt and pepper.

3

Spoon the filling into the hollowed eggplant halves, placing them in a baking dish. Drizzle with remaining olive oil and sprinkle with extra parmesan cheese.

4

Cover the dish with foil and bake for 30 minutes. Remove the foil and bake for an additional 15 minutes until the tops are golden.

CHEF'S TIP

For an even deeper flavor, roast the eggplants before stuffing them to enhance their sweetness and reduce bitterness.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	15 g	Fiber	8 g
Carbohydrates	30 g	Sodium	400 mg

SERVING SUGGESTION

Serve warm, drizzled with good quality olive oil and a side of fresh salad or crusty bread to soak up the juices.