

Ziti with Eggplant, Sausage and Parmesan

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-italian-sausage-pasta-recipe>

Ingredients:

- 4 cups eggplant peeled, cubed, one medium eggplant
- 1/2 pound ground Italian sausage
- 1 teaspoon minced garlic
- 1 1/2 cups marinara sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 12 ounces pasta dried ziti, cooked to al dente
- 1/2 cup grated Parmesan cheese
- 3 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 55 milligrams
4. Fat: 26 grams
5. Fiber: 8 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 1010 milligrams
9. Sugar: 13 grams

Thank you for visiting our website. Hope you enjoy Ziti with Eggplant, Sausage and Parmesan above. You can see more 17 eggplant italian sausage pasta recipe You won't believe the taste! to get more great cooking ideas.