



Baked Rigatoni with Eggplant and Sausage

READY IN



75 min.

SERVINGS



8

CALORIES



745 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 Leaves from 1 bunch basil
- ☐ 8 servings pepper black freshly ground
- ☐ 28 ounces canned tomatoes whole peeled canned
- ☐ 1.5 pounds eggplant cut into 1-inch pieces
- ☐ 1 pound mozzarella cheese fresh
- ☐ 3 garlic cloves chopped
- ☐ 8 servings kosher salt
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 large onion chopped

- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 0.8 pound fennel pork sausage
- ☐ 1 pound rigatoni

Equipment

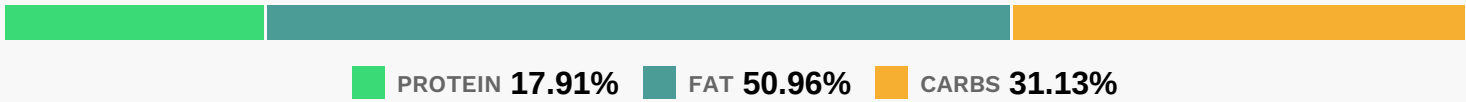
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Bring a large pot of salted water to a boil over high heat for the pasta. Get yourself a 9 by 13-inch glass or ceramic baking dish.
- ☐ Heat a 2 count of olive oil in a large skillet over medium-high heat.
- ☐ Add the sausages and toss in the hot oil for 3 to 4 minutes, you want them nicely browned on the outside but still rare on the inside.
- ☐ Put the sausages in the baking dish.
- ☐ Turn the heat down to medium.
- ☐ Add a generous 1/3 cup of oil to the skillet and get it hot.
- ☐ Add as many eggplant pieces as you can comfortably fit in a single layer and sprinkle well with salt. Cook, turning, for 7 to 8 minutes, until the eggplant is nice and browned, crisp on the outside and soft on the inside. Use a spatula to put the eggplant into the baking dish with the sausage. Cook the rest of the eggplant pieces, adding more oil to the pan, as needed, and putting the finished eggplant into the baking dish.
- ☐ Add another 2 count of oil to the skillet, then your onion and garlic, and cook for 3 to 4 minutes, until translucent. Dump the whole can of tomatoes and their juices into a bowl and crush the tomatoes with your hands to break them up; add that to the pan with the basil and cook it down until pulpy and relatively thick. This will take about 15 minutes.

- ☐ By this time your pasta water will be boiling.
- ☐ Add the rigatoni, give it a stir, and cook for 6 to 7 minutes, it should be slightly firm as it will cook further in the oven. Ladle out 1/2 cup of the pasta cooking water and reserve; the drain the rigatoni.
- ☐ Preheat the oven to 450 degrees F. Chop the sausages into nice big, bite-size chunky pieces and return the pieces to the baking dish.
- ☐ Add the tomato sauce, rigatoni, and the reserved pasta water. Break up half the mozzarella over the mixture, season with salt and pepper, and gently mix with your hands or a spatula. Dust with the Parmigiano and drizzle with more olive oil.
- ☐ Bake for 15 minutes.
- ☐ Spread the remaining mozzarella in an even layer over the top and continue to bake for another 10 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:20.73, Inflammation Score:-7, Nutrition Score:25.529130375904%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 744.94kcal (37.25%), Fat: 42.5g (65.38%), Saturated Fat: 15.42g (96.35%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 51.79g (18.83%), Sugar: 10.37g (11.53%), Cholesterol: 83.91mg (27.97%), Sodium: 1157.32mg (50.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Selenium: 49.39µg (70.56%), Phosphorus: 511.55mg (51.15%), Calcium: 498.62mg (49.86%), Manganese: 0.98mg (48.87%), Vitamin B12: 1.8µg (30.07%), Zinc: 4.17mg (27.82%), Fiber: 6.62g (26.48%), Vitamin E: 3.8mg (25.31%), Vitamin B6: 0.5mg (25.01%), Vitamin B3: 4.85mg (24.26%), Copper: 0.47mg (23.25%), Potassium: 805.56mg (23.02%), Vitamin B2: 0.38mg (22.2%), Magnesium: 86.97mg (21.74%), Vitamin B1: 0.31mg (20.56%), Vitamin K: 18.92µg (18.02%), Iron: 3.2mg (17.76%), Vitamin C: 13.05mg (15.81%), Vitamin A: 750.02IU (15%), Folate: 50.74µg (12.69%), Vitamin B5: 1.21mg

(12.12%), Vitamin D: 0.84µg (5.61%)