

Easy Eggplant Parm



SIZE

Serves: 4-6

PREPARATION

35 minutes

DIFFICULTY



Level 1



Make this Italian-American favorite at home. Serve with a side of spaghetti or a big green salad and see what Sunday red sauce dreams are made of. *Chef's kiss*

Ingredients

Process

- 2** eggs, beaten
- 1** cup Italian style breadcrumbs or gluten-free panko
- 2 lbs.** globe eggplant (about 2 small to medium sized) cut into 1/4 inch slices.
- 3 Tbsp** olive oil, divided
- 2 16 oz. jars** not just pasta sauce
- 2 1/4 cups** shredded mozzarella cheese
- 1 cup** basil, torn

Preheat oven to 400 degrees, and set aside a 9×13 inch baking dish. Place the eggs and breadcrumbs each in pie plates or shallow bowls. Dip each piece of eggplant in the egg, coating on all sides, then dip in the bread crumbs, coating all sides.

2

Set a wire rack over a cookie sheet, or line a large plate with paper towels. In a nonstick 12-inch skillet over medium, heat 1 tablespoon of the olive oil until shimmering. Add 6 breaded eggplant rounds and cook until each side begins to turn golden brown, 3-5 minutes per side. Transfer to the rack or plate, and continue cooking the eggplant in batches, adding 1 tablespoon of olive oil to the pan each time.

3

Spread ½ cup of not just pasta sauce on the bottom of the baking dish and arrange 6 cooked eggplant on top. Spread another ½ cup sauce on top of the eggplant along with ¾ cup cheese. Continue with two more layers. Pour any remaining sauce on top of the third and final round of eggplant and top with a final ¾ cup cheese.

4

Bake for 30 minutes, remove the foil, and bake for another 10-15 minutes until browned and bubbling. Top with torn basil and serve.