



Baked Eggplant Parmesan

This lightly breaded eggplant Parmesan is topped with chunky marinara sauce and fresh mozzarella cheese. It's baked to perfection and served on it's own or with a side of pasta.

Prep Time	40 minutes
Cook Time	40 minutes
Total Time	1 hour 20 minutes
Servings	4 servings

Ingredients

- One medium eggplant washed & sliced.
- Salt/Pepper
- $\frac{3}{4}$ cup flour
- 1 egg whisked
- $\frac{3}{4}$ cup Italian Breadcrumbs
- 2 Tablespoons olive oil
- 1 teaspoons Italian Seasoning
- 1 cup marinara sauce
- $\frac{1}{2}$ cup parmesan cheese grated
- $\frac{3}{4}$ cup mozzarella cheese grated
- 1 teaspoon oregano
- Fresh parsley to garnish the top (optional)

Instructions

1. Cut the eggplant into $\frac{1}{2}$ inch slices. Sprinkle the top and bottom of the eggplant with salt and cover the top and bottom with paper towels. Press down to remove excess moisture. Then set in between dry paper towels and let it sit for at least 30 minutes, the longer the better. We need to remove as much excess moisture as possible.
2. Tip: When working with certain vegetables like zucchini, potatoes, and of course, eggplant, it is important to remove that excess moisture first- salting it helps move this process along. These vegetables tend to be very moist and that can adversely impact the texture and quality of the meal if it is not taken care of before you begin.
3. Preheat oven to 350 degrees.
4. Brush off any excess salt if necessary and add pepper if desired. Place the flour in a Ziploc bag and drop in the eggplant, coat well on each side.
5. Drop each floured eggplant slice into a bowl with the beaten egg and coat on each side. Transfer to a plate that has the breadcrumbs and coat will on each side.
6. Mix the Italian Seasonings and the oil together and brush each side of the eggplant.
7. Place the eggplant on a baking pan and bake for about 20 minutes, until it begins to brown slightly and has crisped up.
8. In a baking dish or dutch oven, (I love using my 5 $\frac{1}{2}$ quart Le Creuset Dutch Oven), spread a thin layer of marinara sauce on the bottom. Spread the eggplant around the bottom, (if they overlap one-another that is okay!) Sprinkle Parmesan cheese on top and add the sauce. Top with mozzarella cheese and oregano.
9. Bake it in the oven, (covered) for about 8 minutes, then remove the cover and continue to bake for approximately 10-15 more minutes, until the cheese is hot and melted and begins to brown lightly the top.
10. Top with fresh parsley. Remove with a spatula and serve on its' own, with a salad, on top of pasta, or in a sub!