

# Eggplant Parmesan

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## Ingredients:

2 medium eggplants, sliced into ½-inch thick rounds  
1 tsp salt  
1 ½ cups Panko breadcrumbs  
1 Tbsp Italian seasoning  
2 eggs  
1 (25 ounce) jar Marinara sauce  
2 cups grated Mozzarella cheese  
2/3 cup finely-grated Parmesan cheese  
½ cup loosely-packed chopped fresh basil

## Instructions:

1. To remove the bitterness from the eggplant, sprinkle each round with plenty of salt. Place them in a colander or on a paper towel for 30 – 90 minutes. Rinse the salt off with water and dry.
2. Preheat oven to 425°F. Spray two baking sheets with cooking spray, and set aside.
3. In a shallow bowl, whisk together Panko breadcrumbs, Italian seasoning and salt until combined. In a separate bowl, whisk the eggs until smooth. Dip each eggplant round on both sides in the whisked egg mixture, then immediately dip it in the breadcrumb mixture until the eggplant is completely coated, then set on a baking sheet. Bake for 20 minutes, flipping once halfway through, until the breadcrumbs are toasted and slightly golden. Remove from the oven and set aside.
4. Spread ½ cup Marinara sauce evenly over the bottom of a 9 x 13-inch baking dish. Place half of the eggplant in an even layer along the bottom of the baking dish. Spread an additional 1 cup of Marinara sauce evenly over the eggplant. Sprinkle 1 cup Mozzarella cheese over the sauce, followed by 1/3 cup Parmesan cheese,

- followed by  $\frac{1}{4}$  cup of the fresh basil. Repeat with another layer of the remaining eggplant, Marinara sauce, the Mozzarella, and the Parmesan cheese.
5. Bake for 15 – 20 minutes until the cheese is melted and starts to turn slightly golden around the edges, and the sauce is bubbly. Remove and sprinkle with the remaining basil. Serve immediately.