

BAKED EGGPLANT PARMESAN RECIPE

This is a wonderful adaptation of the typical eggplant parm without all the fat and mess from frying! You can use whatever breadcrumbs you like – you can even make them whole wheat and add wheat germ to ramp up the nutrient profile – and serve with a green salad!

Ingredients:

- 1 large eggplant or 2 small
- 8 oz. mozzarella cheese grated or thinly sliced
- 4 oz. parmesan cheese grated
- *Marinara sauce, homemade or jarred
- 1 cup part skim ricotta cheese
- 2 eggs whisked
- 2 cups bread crumbs
- 1 tsp. each of basil and oregano
- ¼ cup fresh parsley chopped fine

Directions:

- Cut eggplant into ¼ inch slices, sprinkle lightly with salt and let sit. After about 10 minutes, with a clean cloth, blot the water that is released.
- Place eggs in shallow pie plate and whisk well.
- Place bread crumbs on a separate plate and mix in oregano and basil.
- Preheat oven to 375 degrees.
- Dip eggplant slices into eggs then bread crumbs, coating both sides completely.
- Place on oiled cookie sheet in single layer; may need two cookie sheets.
- Bake for 20 minutes.





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- Put together! In a 13x9 baking pan, place about ½ cup marinara sauce, and spread out to cover the bottom.
- Place a single layer of eggplant slices, cover with about 1 cup marinara sauce, then dot with all the ricotta cheese, then at least 1 cup mozzarella cheese, and sprinkle with parmesan cheese.
- Cover with another layer of eggplant, sauce, cheese and fresh parsley (I used one large eggplant and it was enough for two layers. so this was the last layer).
- Bake at 375 degrees for 30–40 minutes until the cheese is all melted and bubbly.
- Serve over pasta or not. Have something green with it!
- Enjoy!

***Jeff's Quick Marinara Sauce:** My son deeply frowns upon jarred marinara sauce, which I feel is fine in a bind, however, we made this and it was delicious:

Ingredients:

- 1 large can whole peeled tomatoes
- ½ onion diced
- 2 cloves garlic
- ½ cup mushrooms sliced (optional)
- 1 tbsp. olive oil
- 1 tsp. each of oregano and basil
- 1 tsp. honey or sugar
- 1 tsp. salt
- ½ tsp. pepper



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Directions:

- In a heated saucepan, add olive oil and onion. Sauté for 5 minutes or so.
- Add mushrooms and cook for another 2 minutes. Add tomatoes and remaining ingredients except the garlic. Let simmer for at least 30 minutes.
- Break up the tomatoes with a large spoon into bite size pieces. Add garlic and let simmer for another 5 minutes or so.