

Eggplant Parmesan



Prep Time: 20 Minutes

Cook Time: 30 Minutes

Ready In: 50 Minutes

Servings: 6

INGREDIENTS:

2 large eggplants, peeled

Salt

1 large egg

¼ cup water

1 cup Italian bread crumbs

¼ cup olive oil

1 30 ounce jar spaghetti sauce

1 ½ cups shredded Parmesan cheese

1 cup shredded mozzarella cheese

DIRECTIONS:

1. Slice eggplant in ¼ inch slices and spread out on paper towels. Sprinkle salt over slices and allow to sit for 20 minutes. (Wipe excess moisture from slices)
2. Combine egg and water in a large bowl, place breadcrumbs in a separate bowl.
3. Dip eggplant slices in egg mixture then bread crumbs. Heat oil and brown slices on each side approximately 1 minute each side.
4. Place ½ cup spaghetti sauce in the bottom of a 9X13 baking dish and layer eggplant slices placing Parmesan cheese between layers until gone.
5. Pour remaining spaghetti sauce over layers and top with mozzarella cheese.
6. Bake at 350 degrees for 30 minutes or until bubbly.

HELPFUL HINTS: N/A

NUTRITIONAL INFORMATION: N/A