
Eggplant Parmesan

Total time: 30 min Yield: 2 Servings

Ingredients

1 eggplant (round)
salt
pepper
1/2 cup all-purpose flour
3 eggs
1/2 cup Italian bread crumbs
3 cup panko
1 cup parmesan cheese (grated, divided)
4 oz mozzarella cheese (sliced thin)
1 cup vegetable oil
3 oz marinara sauce (natural preferred)
2 Tbsp Italian parsley (fresh)
1 sprig basil
2 Tbsp pesto (optional)

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

Wash, peel and slice the eggplant into rounds, about ½" thick. Season on both sides with salt and pepper to taste; leave at room temperature for about 3 to 4 minutes to absorb moisture.

Preheat the oven to 375°. Prepare a 3-pan breading station: 1. flour with a pinch of salt and pepper; 2. crack and scramble eggs with a pinch of salt and pepper; and 3. combined Italian bread crumbs, panko and ½ cup parmesan cheese.

In order, dip the eggplant into the flour, the egg wash, and lastly, into the breadcrumb mixture, pressing firmly to coat both sides of the eggplant.

Heat the vegetable oil in a frying pan over medium high heat, then add the eggplant slices and cook for 2 to 3 minutes on each side until golden brown. Remove from oil and place on wire rack.

Place cooked eggplant slices on a sheet pan with 2 thin slices of the mozzarella cheese layered on top. Place pan in the oven; heat for 6 to 7 minutes or until cheese is nicely melted.

While the eggplant is cooking, warm a little marinara sauce in a small pan on medium low heat.

Remove eggplant slices from the oven; serve with a side of marinara sauce and garnish with more parmesan cheese, parsley and basil. Serve hot, drizzled with pesto, if desired.