

Eggplant Parmigiana



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1 eggplant
- 1 jar pasta sauce
- 3/4 cup breadcrumbs*
- 1/2 teaspoon Italian seasoning**
- 3/4 cup grated Parmesan cheese
- 2 eggs, whisked
- 1/3 cup flour
- 2 tablespoons oil (or oil spray)
- 8 ounces shredded mozzarella and/or Parmesan cheeses

* If you don't have breadcrumbs, pulse toast in blender until crumb-like.

** If you don't have seasoning blend, try mixing: garlic powder, parsley, salt, black pepper, paprika, onion powder.

DIRECTIONS

1. Pre-heat oven to 350°.
2. Rinse and peel skin of eggplant.
3. Cut eggplant in 1/4 inch slices.
4. Dip slices in whisked eggs, then dredge slices in breadcrumbs (mixed with Italian seasoning and grated Parmesan).
5. Put in oiled skillet and cook until browned. Flip and repeat.
6. Place in baking dish and top with pasta sauce and mozzarella and/or Parmesan cheeses.
7. Bake in 350° oven for 35 minutes. Enjoy!

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