Eggplant Parmigiana

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Vegetarian main dish, side dish
SERVES: 6-8
PREP TIME: 20 minutes
TOTAL TIME: 90 minutes

INGREDIENTS:

- 2 medium eggplants (about 2 1/2 lbs.), rinsed
- 1 teaspoon salt + enough water to soak eggplant slices
- 1 cup flour (or more, as needed)
- ½ to 1 teaspoon each of salt and ground black pepper
- ½ cup (1 stick) melted margarine or butter
- Cooking spray
- 1 (24-oz.) jar or can of pasta sauce
- 8 oz. (2 cups) mozzarella cheese, grated (or cheese of choice)
- ½ cup Parmesan cheese, grated

DIRECTIONS:

1. Preheat the oven to 425°F. Wash hands.
2. Peel eggplants; cut into ¼-inch-thick slices. Soak slices in a large bowl of water with 1 teaspoon of salt for 2-3 minutes. Drain.
3. Dip each eggplant slice in flour and arrange on well-greased baking sheets (do not overlap). Sprinkle each slice with salt and pepper to taste. Drizzle melted butter or margarine over each slice.
4. Bake at 425°F for 30-40 minutes, turning eggplant slices once. Slices should be lightly browned and crisp. Remove eggplant slices from baking sheets and set aside.
5. Reduce oven temperature to 350°F. Grease a 9" x 13" baking dish with cooking spray. Spoon 1 cup of pasta sauce on the bottom of the baking dish. Add a layer of eggplant slices, mozzarella, and more sauce. Repeat layers. Sprinkle the top layer with Parmesan cheese.
6. Bake uncovered at 350°F until cheese is melted and sauce is bubbly, about 30 minutes. Let stand for 5 minutes before serving.

www.auburnfoodcloset.org

For more recipes from AIFC, hover over this QR code with your phone.

This institution is an equal opportunity provider.