

# Eggplant Parmigiana

This recipe is a delicious meatless entrée and a great way to use up those extra eggplants from the garden. While we will be frying the eggplant in this recipe we will be using olive oil which is going to be lower in saturated fats and higher in unsaturated when compared to other common cooking oils like butter, peanut oil, and bacon dripping.

## INGREDIENTS:

- 2 eggplants, thinly sliced the long way
- 2 large eggs
- salt and freshly ground pepper
- 1/3 cup whole wheat flour
- ½ cup whole wheat panko bread crumbs
- 3 tablespoon olive oil
- 2 cups low sodium tomato sauce
- 2 oz Parmesan cheese, grated,
- a bunch of basil leaves (reserve a few for garnish)
- 10 oz buffalo mozzarella cheese, sliced

## DIRECTIONS:

1. Preheat the oven to 325 degrees F.
2. Lay eggplant slices on a large baking sheet lined with paper towel. Sprinkle with salt and set aside for 30 minutes while you prepare the remaining ingredients.
3. Beat the eggs in a shallow bowl and season with salt and pepper. Place the flour on a plate next to the eggs. And the whole grain panko on separate plate on the opposite side of the eggs.
4. Pat eggplant dry. Coat an eggplant slice in the flour, shake off the excess, then dip it into the egg and let the excess drip back into the bowl, lastly dipping into the whole grain panko and set aside. Repeat with the remaining slices.
5. Heat the oil in a large frying pan or skillet over medium heat. Working in batches if necessary, cook the eggplant slices for 5 minutes on each side, or until nicely golden. Drain well on paper towels, then continue until all the slices are fried.
6. Layer the tomato sauce, eggplant slices, Parmesan, basil, and mozzarella in an ovenproof serving dish.
7. Continue layering until all the ingredients are used, finishing with a layer of tomato sauce and the cheese on top.
8. Place the dish on a baking sheet and bake in 325 degrees F heated-oven for 30 minutes, or until the sauce is bubbling and the cheese has melted.
9. Remove from oven, top with extra basil leaves and serve hot.



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