
Eggplant Parmesan

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

2 eggplant, skinned and sliced
2 cups bread crumbs
1/2 cup grated parmesan cheese
2 tablespoons Italian seasoning
salt and pepper, to taste
1 cup flour
2 eggs, beaten
3 tablespoons olive oil
2 cups Sendik's marinara sauce
1 1/2 cups shredded mozzarella cheese
3/4 cup grated parmesan cheese
1/2 cup shredded parmesan cheese

Prepare the eggplant by removing the skin and slicing the eggplant in half-inch wide slices, slicing across the eggplant and producing circles. Mix the bread crumbs, parmesan cheese, Italian seasonings, salt and pepper together in one pan. In a second pan, beat the eggs and 1/2 cup of water. In a third pan, place 1 cup of flour. To bread the eggplant, start by placing the pieces in the flour, then in the egg mixture and finally in the bread crumb mixture.

When the eggplant is breaded, heat a skillet with the olive oil in it, and sauté the eggplant pieces until browned on both sides. Place on paper towels as you remove them from the pan. When all the eggplant is browned, gather the marinara sauce and mozzarella cheese along with a casserole dish for assembly.

Assemble the eggplant parmesan by first putting a small amount of sauce on the bottom of the casserole dish. Spread evenly. Place a layer of eggplant on the sauce. Sprinkle with shredded mozzarella cheese and the grated parmesan. Top with marinara sauce spreading evenly. Repeat the entire process until all the eggplant is used. On the final layer do not top with marinara sauce. Sprinkle liberally with the shredded parmesan cheese.

Bake in 375 degree oven for 30 minutes. Let rest for 10 minutes and serve.

Serving Ideas: Garlic Bread

Suggested Wine: Chianti

Vegetarian Entrees