

Easy Eggplant Parmesan

Recipe By *Brynie Greisman*



Cooking and Prep:  55
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Serves:  12

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Shavuot, Nine
Days

Source: Family Table by
Mishpacha Magazine

Eggplant parmesan usually requires lots of frying — but not this streamlined recipe. Taste is not compromised whatsoever. Tastes just like the real thing, minus the unnecessary calories, or maybe this is the real thing!

Ingredients (9)

Main ingredients

- 1 large eggplant, cut into 1/8-inch slices
- 2–3 eggs
- 1 tablespoon oil
- 1/2 teaspoon salt
- pinch each of crushed red pepper flakes, basil, and oregano

- approximately 2 cups **Gefen Bread Crumbs**
 - 1 (24-oz) (680-g) jar **Tuscanini Marinara Sauce**
 - 1 cup shredded mozzarella cheese
 - Parmesan cheese, optional
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Start Cooking

Make the Eggplant Parmesan

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Mix together eggs, oil, salt, and seasoning in a small bowl.
2. Prepare a large plate and fill it generously with bread crumbs. Dip eggplant slices into egg mixture and then into bread crumbs. Place on a baking sheet lined with Gefen Easy Baking Parchment Paper and sprayed with cooking spray. Repeat until all slices are coated. (You will need two baking sheets.) Bake for 20–25 minutes or until crispy and golden. Remove pans from oven and reduce oven temperature to 350 degrees Fahrenheit (180 degrees Celsius).

Tip:

To add more flavor to the bread crumbs, add some parmesan cheese and mix together. Also, the eggplant slices need not be even at all. When you serve portions, no one will know the difference!

Assemble the Parmesan

1. Evenly spread about one cup of sauce in a 9x13-inch baking pan. Layer 1/2 of the baked eggplant slices (placed close together), then another layer of sauce and 1/2 cup of mozzarella cheese. Repeat layers.
2. Cover and bake for 20 minutes. Uncover, sprinkle with more mozzarella cheese and/or Parmesan cheese if desired, and bake for 10–15 minutes.