

# Eggplant and Zucchini Parmesan with Lemon Parsley Pasta

Recipe By *Sina Mizrahi*



Cooking and Prep:  30  
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Serves:  8

Contains:    

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Shavuot,  
Chanukah, Nine Days

**Diet:** Vegetarian, Pescetarian

**Source:** Relish by Binah

Magazine

This is a lighter version of the classic, with the eggplant and zucchini baked rather than fried. The lemon parsley dressing in the pasta is the perfect complement — you wouldn't even know it's whole wheat.

## Ingredients (17)

### Eggplant and Zucchini Parmesan

- 1 medium eggplant, trimmed
- 2 teaspoons water
- 2 large eggs, beaten
- 2 zucchini, trimmed and cut diagonally into 12 slices each

- 3/4 cup **Chef Jeff Panko Crumbs**
- 3 tablespoons grated Parmesan cheese
- 1/4 teaspoon **Haddar Kosher Salt**
- 1/4 teaspoon dried thyme (*optional*)
- 3/4 cup **Tuscanini Marinara Sauce**
- 2 ounces mozzarella cheese, shredded (about 1/2 cup)

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## Lemon Parsley Pasta

- 1 (16 oz) package whole wheat spaghetti, cooked according to package directions and drained
  - 1/4 cup chopped parsley
  - 2 tablespoons **Bartenura Extra-Virgin Olive Oil**
  - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
  - 1 teaspoon lemon zest and 1 tablespoon of lemon juice
  - 1/4 teaspoon Haddar Kosher Salt
  - 1/4 teaspoon ground black pepper
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## Start Cooking

### For the Eggplant and Zucchini

1. Preheat oven to 475°F. Place a wire rack on a baking sheet and spray with cooking spray.
2. Partially peel the eggplant lengthwise with a vegetable peeler, leaving long purple stripes. Slice the eggplant into quarter-inch discs, yielding about 12 to 15 slices. If the eggplants are too large, cut the slices into half-moons.
3. In a small shallow bowl, whisk the water and egg. In another shallow bowl, combine the Panko, Parmesan, and thyme. Dip the eggplant and zucchini slices in egg mixture, dredge in Panko, and arrange on prepared rack. Coat with cooking spray and sprinkle with salt.
- 4.

Bake in preheated oven at 475°F for 10 minutes. Remove from oven, turn eggplant and zucchini, and top each one with marinara sauce and mozzarella. Return to oven and bake for an additional 10 minutes, or until cheese is melted and lightly browned.

### Serve

1. Place the pasta in a large mixing bowl. Add the parsley, olive oil, lemon zest, lemon juice, salt, and pepper, and toss to combine.
2. In a platter or in individual plates, arrange the eggplant and zucchini over the pasta and serve warm.