
Eggplant Parmesan

4 portions

2-3 egg plants

Salt and pepper

4 eggs

1/2 cup flour

1 cup Italian breadcrumbs

Cooking oil

1 jar Pasta Sauce of choice

Mozzarella Cheese

Parmesan Cheese

- ➊ Preheat oven to 400*
- ➋ Prepare your egg plant by cutting both ends off and slicing the egg plant length wise in thin slices.
- ➌ Lightly salt the slices and set aside for 30-60 minutes. This will help pull the excess water from the eggplant.
- ➍ Pat the slices dry.
- ➎ Next in three separate bowls place your flour with salt and pepper, eggs, and breadcrumbs. Add salt and pepper to eggs and mix well.
- ➏ In a large skillet heat oil.
- ➐ Dredge each eggplant slice in flour, then egg, then breadcrumbs and set aside.
- ➑ Fry eggplant on each side for 4 minutes or until golden brown.
- ➒ Set on a paper towel on a plate to soak up any extra oil.
- ➓ In a casserole dish layer sauce, eggplant, cheese, sauce, eggplant, cheese (and again if you have room)