

Eggplant Parmesan



PREP TIME:
20 MINUTES

COOK TIME:
40 MINUTES

TOTAL TIME:
60 MINUTES

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Recipe type: Gluten Free
Yield: 8-10 Servings

Ingredients:

- 2 Medium/Large Sized Eggplants – Skin Peeled & Sliced into Rounds About ¼” Thick
- 4 Large Eggs
- 2 Cups Gluten Free Breadcrumbs (I used the Gillian’s Gluten Free Italian seasoned brand)
- Extra Virgin Olive Oil (about 4 TBSP)
- ¼ Teaspoon Himalayan Sea Salt
- 2 Teaspoons Garlic Powder
- 2 Teaspoons Oregano
- Cracked Pepper to Taste
- 16 oz. Mozzarella Cheese (*option to do vegan version*)
- ¼ Cup Finely Grated Romano Cheese
- 2 24 oz. Jars Organic Tomato Sauce (*no added sugar is ideal*)
- 1 12 oz. Box Gluten Free Pasta (*I use Jovial Brand*)
- **Note: This recipe makes 2 9x13 pans. Can freeze one as an option.*

Instructions:

1. Preheat oven to 350 degrees.
2. Cut off ends and peel eggplant. Slice into ¼” rounds.
3. Lightly coat 2 13 x 9 pans with a few heaping spoonsful of sauce.
4. Crack all eggs into a large shallow bowl and add ¼ cup of water. Add a pinch of salt and a few cracks of pepper if desired. Beat eggs until combined.
5. In a large shallow bowl, add the breadcrumbs, sea salt, garlic powder and oregano. Add some cracked pepper to taste. Lightly stir until combined.
6. In a large frying pan, add olive oil and warm up.
7. Start dredging eggplant slices first into the egg mixture (coating on both sides). Then roll into the breadcrumb mixture, covering all sides and shaking off excess.
8. Once oil is warmed up, add eggplant slices and allow to cook about 4 minutes on each side – until gets golden brown. Transfer to a paper towel lined plate. Repeat in batches until all eggplant is cooked. Will likely need to add more oil as you go with additional batches.
9. Pat down eggplant slices of any excess oil.

10. Begin assembling pans by placing eggplant slices on sauce lined baking pan. Next sprinkle with mozzarella cheese, Romano cheese and top with a few drizzles of sauce. Repeat with a 2nd layer.
11. Bake in oven for about 25 minutes – uncovered is fine. Let cool a few minutes before serving.
12. Prepare pasta according to package instructions.

***Try and use all organic ingredients if possible.**

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