

Baked Eggplant Parmesan

Savannah · 28/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

4 hrs 5 mins

Description

This baked eggplant Parmesan dish has layers of crispy breaded eggplant slices coated with Parmesan cheese baked between layers of tomato sauce and more cheese So good

Ingredients

- - 2 eggplant
- peeled and cut into ½-inch slices - 1 tablespoon salt
- or as needed - 1 cup Italian-style bread crumbs - ¼ cup grated Parmesan cheese - 2 eggs
- beaten - 1 (28 ounce) jar garlic-and-tomato pasta sauce - ¼ cup grated Parmesan cheese - 1 (16 ounce) package shredded mozzarella cheese
- or as needed - ½ teaspoon dried basil

Instructions

1. Place eggplant slices in a colander; sprinkle both sides of each slice with salt. Allow to sit for at least 3 hours. Wipe excess moisture from eggplant slices with paper towels. Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet. Mix bread crumbs and 1/4 cup Parmesan cheese together in a shallow bowl. Beat eggs in a separate shallow bowl. Dip eggplant slices in beaten egg. Lift up so excess egg drips back into the bowl. Press into bread crumbs to coat both sides; arrange coated eggplant slices in a single layer on the prepared baking sheet. Bake in the preheated oven until lightly browned and crisp
2. about 5 minutes per side. Cover the bottom of a 9x13-inch casserole dish with a layer of pasta sauce; top with a layer of eggplant slices. Sprinkle with about 1 tablespoon of the remaining Parmesan cheese and 1/3 of the mozzarella cheese. Repeat layers with remaining ingredients
3. ending with a cheese layer. Sprinkle with basil. Bake in the preheated oven until cheese is bubbling and golden brown
4. about 35 minutes. Cook's Note Fresh basil leaves added in one of the layers will add a lot of fresh flavor. You can also add fresh garlic and fresh basil to the sauce if you like. I like to add 2 to 4 cloves of fresh garlic and 5 to 10 leaves of freshly harvested basil. Editor's Note: The nutrition data for this recipe includes the full amount of salt and breading used on the eggplant. The actual amount consumed will vary.