

Quick Eggplant Parmesan

Savannah · 28/09/2024

**Prep Time**

15 mins

Difficult

Medium

Servings

2

Description

This quick eggplant recipe goes well with steamed green beans and French or Italian bread. Although it calls for seasoned bread crumbs, you can use regular ones. Adjust the amount of red pepper flakes according to your taste.

Ingredients

- - 1 large egg - 1 tablespoon water - 1 cup dried bread crumbs
- seasoned - 1 small eggplant
- cut into 3/4 inch thick slices - 1/4 cup vegetable oil
- or as needed - 1 1/2 cups shredded mozzarella cheese - 1/4 cup spaghetti sauce - 1/4 teaspoon crushed red pepper flakes - 3 tablespoons grated Parmesan cheese

Instructions

1. Beat together egg and water in a small bowl. Place bread crumbs in a shallow dish. Dip eggplant slices in egg mixture
2. then press in bread crumbs to coat. Heat oil in a large skillet over medium-high heat. Add eggplant slices to hot oil
3. then reduce heat to medium. Cook until golden brown and tender
4. 3 to 4 minutes per side. Sprinkle mozzarella cheese over eggplant during the last minute of cooking to melt. While eggplant is cooking
5. combine spaghetti sauce and red pepper flakes in a microwave-safe measuring cup. Cover with plastic wrap and cook on high until heated through
6. about 2 minutes. Top fried eggplant slices with sauce and Parmesan cheese to serve.