

Stuffed Eggplant Parmesan

Savannah · 28/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

4

Description

This stuffed eggplant recipe is a twist on the old standby I like to use my homemade tomato sauce for this recipe and crushed croutons for bread crumbs A hint for shelling the eggplants use a grapefruit spoon to start

Ingredients

- - 2 medium eggplants
- cut in half lengthwise and hollowed out to 1/4 inch flesh rim - 2 tablespoons olive oil - ½ cup chopped onion - 2 cloves garlic
- crushed - 1 teaspoon dried oregano - freshly ground black pepper to taste - ¼ cup grated Parmesan cheese - ½ cup bread crumbs - 1 teaspoon chopped fresh Italian parsley - 2 cups tomato sauce - 1 cup shredded mozzarella cheese

Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Roughly chop eggplant centers. Heat olive oil in a large skillet over medium-high heat. Cook and stir chopped eggplant
2. onion
3. garlic
4. oregano
5. and black pepper in hot oil until lightly browned. Spoon mixture into hollowed-out eggplants. Sprinkle each stuffed eggplant with Parmesan cheese
6. bread crumbs
7. and parsley. Place in a shallow baking dish. Cover with tomato sauce and mozzarella cheese. Bake in the preheated oven until eggplant is fork-tender and cheese is bubbly
8. about 30 minutes.