

Eggplant Parmesan GlutenFree

Savannah · 28/09/2024

**Prep Time**

1 hr 7 mins

Difficult

Medium

Servings

8

Description

After becoming glutenfree I could no longer order eggplant Parmesan from one of my favorite restaurants This is the best GF replica I have made yet absolutely delicious and everyone will enjoy

Ingredients

- - 1 ½ cups gluten-free bread crumbs (such as Hodgson Mill®) - 1 eggplant
- peeled into long strips 1/4-inch thick - 2 eggs
- beaten - ¾ cup grated Parmesan cheese
- divided - 2 tablespoons olive oil - 1 (16 ounce) jar spaghetti sauce
- divided - 1 (8 ounce) package shredded mozzarella cheese
- divided - 1 pinch dried basil

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Pour bread crumbs in a shallow bowl. Dip eggplant into eggs; coat with gluten-free bread crumbs. Place in a single layer on prepared baking sheet; lightly sprinkle with Parmesan cheese. Bake in the preheated oven for 6 minutes; remove from oven. Flip eggplant with a spatula; brush with olive oil. Bake until golden brown
2. about 6 minutes. Remove from oven; reduce heat to 350 degrees F (175 degrees C). Spread enough spaghetti sauce into a 7x11-inch baking pan to cover the bottom; layer on some of the eggplant slices. Sprinkle mozzarella cheese over eggplant; top with Parmesan cheese. Repeat layering sauce
3. eggplant
4. mozzarella cheese
5. and Parmesan cheese in this order; top with basil. Bake in the preheated oven until cheese is bubbly and lightly golden
6. about 25 minutes. Cook's Note You can use any brand of gluten-free bread crumbs
7. but I enjoy Hodgson Mill because it contains a variety of herbs and spices.