



Fried Eggplant Parmesan

Savannah · 28/09/2024



Prep Time

23 mins

Difficult

Medium

Servings

6

Description

My dad made me eggplant parm one night and I thought Hmm I wonder if this would be good as a fried dish Take this as a State Fairstyle spin on a classically iconic Italian staple This dish is quick and easy and something anyone can do You may think teens are lazy but theyll come to life making this dish

Ingredients

- - canola oil for frying - 2 cups Italian seasoned bread crumbs - 2 cups all-purpose flour - $\frac{3}{4}$ cup grated Parmesan cheese
- divided - 3 large eggs
- beaten - 1 eggplant
- peeled and sliced - 1 (13.5 ounce) jar roasted garlic flavored spaghetti sauce (such as Ragu® Roasted Garlic Pasta Sauce) - $\frac{1}{2}$ teaspoon garlic powder

Instructions

1. Heat canola oil to 350 degrees F (175 degrees C) in a large saucepan over medium-high heat. Mix bread crumbs
2. flour
3. and 1/2 cup Parmesan cheese together in a bowl. Place eggs in a small bowl. Dip eggplant slices in the eggs
4. then the bread crumb mixture. Drop into oil a few slices at a time until breading turns golden brown
5. about 2 1/2 minutes. Drain on paper towels. Heat spaghetti sauce in a saucepan over medium heat until heated through
6. about 10 minutes. Stir in remaining 1/4 cup Parmesan cheese and garlic powder. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
7. ingredient density
8. and specific type of oil used.