



Eggplant Parmesan Casserole

Savannah · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

6

Description

I really like this recipe Its a lot easier and fewer calories than traditional fried eggplant Parmesan

Ingredients

- - 2 large eggplants - 2 tablespoons olive oil - 1 pinch salt
- or as needed - 1 tablespoon olive oil - 2 cloves garlic
- sliced - ½ teaspoon red pepper flakes - 3 cups prepared marinara sauce - ½ cup water
- plus more as needed - ¾ cup ricotta cheese - ½ cup grated Parmesan cheese - ¼ cup shredded pepperjack cheese - salt and freshly ground black pepper to taste - ¾ cup dry bread crumbs - ½ cup grated Parmesan cheese - 2 tablespoons olive oil

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Cut 5 crosswise slices from center area of each eggplant
2. about 1/2-inch thick
3. to total 10 slices. Peel and dice remaining pieces of eggplant. Heat 2 tablespoons olive oil in a large skillet over medium-high heat until oil is very hot. Sprinkle eggplant slices lightly with a pinch of salt and cook in hot skillet in batches until slightly softened
4. about 3 minutes per side. Set eggplant slices aside on paper towels. Heat 1 tablespoon olive oil in skillet and cook garlic for about 10 seconds; add diced eggplant and season with a pinch of salt and red pepper flakes. Saute until eggplant is softened
5. about 5 minutes. Pour in marinara sauce and water. Turn heat to medium-low and cook until eggplant is tender
6. about 15 minutes; stir occasionally. If sauce gets too thick
7. add a little more water. Combine ricotta cheese
8. 1/2 cup Parmesan cheese
9. pepperjack cheese
10. a pinch of salt
11. and a pinch black pepper in a bowl until thoroughly combined. Spread about 2 tablespoons cheese mixture over each eggplant slice. Fold eggplant slices in half to enclose the cheese mixture. Spread about half the sauce into an 8x8-inch baking dish. Lay folded eggplant slices in a single layer into the dish. Spread remaining sauce over eggplant slices. Combine bread crumbs
12. 1/2 cup Parmesan cheese
13. and 2 tablespoons olive oil in a bowl; mix thoroughly. Spread crumb mixture over eggplant casserole. Bake in the preheated oven until casserole is bubbling and crumbs are browned
14. 35 to 40 minutes. Editor's Note: Please note omission of the breaded topping when using the magazine version of this recipe.