

# Crispy Baked Eggplant Parmesan



Discover a deliciously healthier version of a classic favorite with this Crispy Baked Eggplant Parmesan recipe. Say goodbye to frying and embrace baking for a lighter yet indulgent twist on this Italian dish. With layers of tender eggplant, rich marinara sauce, and gooey cheese, this recipe ensures a satisfying crunch without the extra calories. Perfect for family dinners or potlucks, it's easy to make and packed with nutritional benefits. Enjoy a comforting meal that's sure to impress!

## INGREDIENTS

2 medium eggplants, sliced into 1/2-inch rounds

1 teaspoon salt

1 cup all-purpose flour

2 large eggs, beaten

1 cup breadcrumbs (preferably panko for extra crunch)

1 teaspoon garlic powder

1 teaspoon Italian seasoning

1/2 teaspoon black pepper

1/4 cup grated Parmesan cheese

2 cups marinara sauce (homemade or store-bought)

2 cups shredded mozzarella cheese

Fresh basil leaves, for garnish

## INSTRUCTIONS

Prepare the Eggplants:

- Place the sliced eggplant in a colander and sprinkle with salt. Let it sit for about 30 minutes to draw out moisture and bitterness. Rinse and pat them dry with paper towels.

Preheat the Oven:

- Preheat your oven to 425°F (220°C). Line two baking sheets with parchment paper or lightly grease them.

Set Up the Breading Station:

- In one shallow bowl, place the flour. In a second bowl, pour the beaten eggs. In a third bowl, combine the breadcrumbs, garlic powder, Italian seasoning, black pepper, and grated Parmesan cheese.

Bread the Eggplant:

- Dip each eggplant slice first into the flour, coating both sides. Then, dip into the beaten eggs, and finally coat with the breadcrumb mixture. Press the breadcrumbs onto the eggplant to ensure they stick.

Bake the Eggplant:

- Lay the breaded eggplant slices on the prepared baking sheets in a single layer. Spray them lightly with cooking spray. Bake for 20-25 minutes, flipping halfway, until golden brown and crispy.

Layer the Ingredients:

- In a 9x13 inch baking dish, spread a thin layer of marinara sauce on the bottom. Layer half of the baked eggplant slices, then add half of the remaining marinara sauce and sprinkle with 1 cup of shredded mozzarella. Repeat with the second layer of eggplant, remaining sauce, and mozzarella.

Final Bake:

- Cover the baking dish with aluminum foil (to prevent the cheese from browning too quickly) and bake for another 20 minutes. Remove the foil and bake for an additional 10-15 minutes until the cheese is bubbly and golden.

Serve:

- Once baked, let the dish cool for a few minutes. Garnish with fresh basil leaves before slicing and serving.

Prep Time, Total Time, Servings: 30 mins | 1 hr | 6 servings