

Two-Cheese Eggplant Bake with Marinara & Parsley

35 minutes | 2 servings



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Grab ingredients

1	eggplant
½ small bunch	Italian (flat-leaf) parsley
1 (8 oz) block	mozzarella cheese
2 oz	Parmesan cheese
1 ½ (8 oz) cans	tomato sauce
	black pepper
	extra virgin olive oil
	Italian seasoning
	salt

Cook & enjoy

- 1 Preheat oven to 450°F.
- 2 Wash, dry, and trim eggplant; slice into ¼-inch thick rounds.
1 eggplant
- 3 Place eggplant in a medium bowl along with oil, salt, and pepper. Toss to coat.
1 tbsp extra virgin olive oil
¼ tsp salt
¼ tsp black pepper
- 4 Arrange eggplant in a single layer on a baking sheet pan. Place in the oven and roast, flipping halfway through, until eggplant is soft, about 15 minutes. Remove from oven.
- 5 Meanwhile, wash, dry, and shave parsley leaves off the stems; discard stems and mince the leaves. Place half the parsley in a small bowl (setting the rest aside for garnish).
½ small bunch Italian (flat-leaf) parsley
- 6 Add tomato sauce, Italian seasoning, and salt to the bowl with the parsley; stir to combine.
1 ½ (8 oz) cans tomato sauce
1 tsp Italian seasoning
½ tsp salt
- 7 Grate mozzarella. Finely grate Parmesan.
1 (8 oz) block mozzarella cheese
2 oz Parmesan cheese
- 8 Pour a thin layer of tomato sauce in the bottom of a small baking dish. Place half the roasted eggplant slices in the dish, arranging them in a single layer; top with half of the remaining sauce and half of the mozzarella and Parmesan. Repeat with the remaining eggplant, sauce, and cheese.
- 9 Place baking dish in the oven and bake until eggplant is warmed through and cheese is melted and bubbly, about 10 minutes.
- 10 Remove dish from the oven and top with remaining parsley.
- 11 To serve, divide eggplant bake between plates or bowls. Enjoy!