

Eggplant Parmesan II



This is a no fry variation of this popular dish, and is just as delicious!

Prep: 25 mins

Cook: 35 mins

Total: 1 hr

Servings: 10

Yield: 8 to 10 servings



Ingredients

3 eggplant, peeled and thinly sliced

2 eggs, beaten

4 cups Italian seasoned bread crumbs

6 cups spaghetti sauce, divided

1 (16 ounce) package mozzarella cheese, shredded and divided

½ cup grated Parmesan cheese, divided

½ teaspoon dried basil

Note:

Cut this recipe in half for a 9x13-inch pan.

1 large eggplant is enough for this size pan.

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.

Step 3

In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.

Step 4

Bake in preheated oven for 35 minutes, or until golden brown.

Nutrition Facts

Per Serving:

487 calories; protein 24.2g; carbohydrates 62.1g; fat 16g; cholesterol 72.8mg; sodium 1663.1mg.

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