



Recipe Submitted by: SV Rendezvous

Eggplant Parmesan

Ingredients:

- 1 large eggplant, about 2 pounds
- 2 cups canned tomato sauce
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese
- 8 ounces shredded Mozzarella cheese
- one egg
- 1 cup of bread crumbs

Directions:

Peel eggplant and cut into 1/4-inch slices, dip into the egg then into the bread crumbs. I usually add the basil, garlic and salt & pepper to the bread crumbs.

Fry on both sides in skillet in hot oil until browned (I usually bake them in the oven on a cookie sheet sprayed with Pam on both sides for about 25 minutes on each side but frying them in faster).

Place a layer of eggplant slices in a shallow baking dish; cover with some tomato sauce, a little Parmesan cheese, and a little of Mozzarella cheese. Repeat layers until all ingredients are used, ending with Mozzarella cheese.

Bake, uncovered, at 400° for 15 to 20 minutes. I often will fry up about a pound of ground beef and add it to the tomato sauce but for vegetarians no beef is needed.

This keeps well in the fridge or freezer.