



Stephanie's Eggplant Parmesan Recipe

The Ingredients

- 2 eggplants sliced thin from top to bottom (like lasagna noodles)
- Sea Salt
- Flour
- 2 Eggs, beaten
- Panko Breadcrumbs
- Olive Oil (or preferred oil)
- Jar of pasta sauce (your preference)
- Italian blend shredded cheese

Cooking Instructions

Place the sliced eggplant in a strainer and sprinkle with sea salt. Let the eggplant sit for at least 30 minutes to draw out the moisture.

Remove from strainer and blot eggplant with paper towels to remove excess moisture.

Dip the slices in flour, beaten eggs and then panko breadcrumbs.

Place in a saute pan with olive oil.

Fry the eggplant until crisp.

Place a small amount of pasta sauce in a baking pan, then layer with fried eggplant and cheese blend. Repeat (as if making lasagna) until all the eggplant is gone.

Bake at 375 for approximately 30 minutes.