Eggplant Parmesan Recipe

https://moneysmartfamily.com/money-saving-tips/vegetarian-main-dish-recipes/#breakfast-egg-strata

Our whole family loves this recipe—it's delish!

Ingredients

- 3 cups vegetable oil, added 1 cup at a time (olive oil doesn't work here). Coconut oil may work.
- 1 to 2 eggs, mixed with a little water
- 1 (16-ounce) container Italian seasoned breadcrumbs
- 2 to 3 eggplants
- 2 to 6 cups spaghetti sauce
- 1 pound shredded mozzarella cheese
- 1/2 cup Parmesan cheese

©2022 Economiser Publications

Directions

- Pour 1/2 inch of peanut oil in a 10-inch skillet and heat on low.
- Beat the egg in a medium bowl and add 1 tablespoon of water.
- Pour the breadcrumbs onto a plate.
- Cut the eggplant into 1/2-inch slices and poke several times with a fork on each side to help absorb the egg and breadcrumbs.
- Dip each eggplant slice in egg bowl and coat both sides.
- Then move eggplant slices to the dish with breadcrumbs and flip slices to cover both sides.
- Place breaded eggplant slices on another plate until you have enough to fill the skillet. Turn heat on the skillet to medium and place eggplants into the skillet. Fry until golden brown and a fork easily go through the slice
- Preheat the oven to 350 degrees. While the eggplant is frying, prepare two to three 13 x 9-inch baking dishes by coating the bottoms with spaghetti sauce.
- Lay the cooked eggplant slices in the prepared baking dish and add a blop of spaghetti sauce to the top of each slice. Lightly cover the eggplant with the shredded Mozzarella cheese and sprinkle with the Parmesan cheese.
- Bake uncovered for 45 minutes or until the cheese is browned. Makes two to three 13 x 9-inch baking pans. Serves 6 to 8.

Healthy alternative: This recipe can also be made without frying. After breading the eggplant, place it into a baking dish, blop it with spaghetti sauce, and lightly cover it with Mozzarella and Parmesan cheese. Annette doesn't care for it this way, but Steve does.

©2022 Economiser Publications