

**Cleveland County Kitchen
August 2018
Food of the Month – Eggplant
Chef Carmen Bridges
Chef's Recipe**



Eggplant Parmesan Bake

INGREDIENTS	
1 large eggplant	Salt and pepper to taste
2 eggs	¾ cup Parmesan cheese, finely grated
¼ cup butter, melted	1 (48 oz.) jar of tomato sauce or make your own
1 cup breadcrumbs (or panko)	1 lb. fresh mozzarella, sliced into rounds
2 Tablespoons dried Italian herbs	Fresh basil for garnish

Instructions

1. Preheat oven to 400°F and prepare a baking sheet with a wire rack.
2. Prepare eggplant by slicing into ¼-inch thick rounds.
3. Whisk eggs together with cool, melted butter and season with salt and pepper. Prepare breadcrumbs, mixing together with Italian herbs, salt, pepper, and 2 tablespoons of Parmesan cheese.
4. Bread eggplant starting with egg/butter mixture followed by breadcrumbs. Place on prepared baking sheet and repeat with remaining eggplant slices.
5. Bake for 20-25 minutes until golden and crispy.
6. To assemble, slather enough sauce to cover the bottom of your casserole dish, layer with crispy eggplant (cutting to fit if necessary). Dollop more sauce on top of each eggplant slice, followed by 1 slice of mozzarella and a sprinkle of Parmesan cheese. Repeat with second layer, filling in spaces with more sauce.
7. Bake until golden and bubbly, about 15-20 minutes. Garnish with fresh basil; serve hot.

Made Available by:

NC Cooperative Extension
Cleveland County Center
130 South Post Road, Suite 1
Shelby, NC 28152
704-482-4365
cleveland.ces.ncsu.edu
clevelandcountykitchen.org

