



Eggplant Parmesan

Serves: 6

Prep Time: 15 minutes Cook Time: 30 minutes

Total Time: 45 minutes plus salt time 30 minutes

- 2 medium eggplants, trimmed, sliced in 1/2" rounds
- Kosher salt
- Avocado or canola oil, for brushing
- 3 cups of your favorite Marinara sauce (homemade or jarred)
- 8 ounces fresh mozzarella, drained and thinly sliced
- 1/4 cup freshly grated Parmesan cheese

Cover bottom and sides of a large colander with one layer of eggplant slices; sprinkle generously with Kosher salt. Continue layering eggplant slices and salt until all eggplant slices are used. Place the colander over a large bowl; let stand at least 30 minutes. Rinse eggplant slices to remove excess salt; dry thoroughly with paper towels.

Position oven rack 5-6 inches from heat source and preheat broiler. Line 3 baking sheets with parchment paper. Arrange eggplant slices in a single layer on prepared sheets. Brush both sides of eggplant slices with avocado or canola oil. Broil one sheet at a time until eggplant slices are tender and beginning to brown, watching closely and removing eggplant slices as needed if cooking too quickly, 3-4 minutes per side. Remove baking sheet from oven and cool eggplant. for 10 minutes.

Add a small amount of tomato sauce to the bottom of a baking dish, then add one layer of eggplant. Spoon a little sauce over the eggplant and top each eggplant slice with a thin slice of mozzarella. Repeat these layers until you have used all the eggplant, then top with any remaining cheese. Sprinkle Parmesan cheese over the mozzarella.

Bake at 350 degrees for 25-30 minutes, or until all the sauce is bubbly and the cheese begins to brown. If necessary, broil for a few minutes (watching closely) to further brown the top.