

Eggplant Parmesan

Makes a 9x13 pan.

Ingredients

RED SAUCE

Yields 6 cups

- 2-3 T extra virgin olive oil
- ½ medium yellow onion, diced
- 2 large garlic cloves, smashed
- 1/3 c chicken stock
- 1 28-ounce can tomato sauce
- 1 28-ounce can diced tomato
- ½ t dried basil
- ½ t dried oregano
- Kosher salt and freshly ground black pepper to taste

EGGPLANT PARM

- 2 pounds eggplants, sliced ¼-inch thin (peeling is optional)
- ¼ c water
- 3 egg whites, lightly beaten
- 1 ½ c Italian-seasoned breadcrumbs
- ¼ c grated Parmesan cheese (I use more)
- Vegetable cooking spray
- 3 cups shredded part-skim mozzarella cheese (or more)

Directions

For Red Sauce:

1. Heat olive oil in a medium saucepan over medium-high heat. Add onions and sauté 2-3 minutes until they begin to sweat.
2. Add garlic and sauté 1 minute until you smell the garlic, be careful not to burn. De-glaze the pan with chicken stock and stir to remove any fond from the bottom of your pan.
3. Add tomato sauce and diced tomatoes and stir. Then, add herbs, salt, and pepper and bring to a boil.
4. Let sauce simmer 30 minutes. If you prefer a smoother sauce for your eggplant Parm, use a blender to puree.

To Make Eggplant Parmesan:

1. Place eggplant in a large bowl; add water and cover – let stand 30 minutes. Drain well; blot dry with paper towels. Combine ¼ c water and egg whites in a shallow bowl. Combine breadcrumbs and Parmesan cheese; stir well. Dip eggplant in egg white mixture, and dredge in breadcrumb mixture.
2. Place half of eggplant on a baking sheet sprayed with cooking spray. Spray tops and broil 2-3 minutes on each side or until browned. Watch carefully! Every broiler is different. Golden brown is what we're looking for! Repeat with remaining eggplant.
3. Spread half of tomato mixture in bottom of 13x9-inch baking dish coated with cooking spray. Arrange half of eggplant over sauce, top with half of cheese. Repeat layers with remaining ingredients.
4. Bake at 350 degrees for 30 minutes or until bubbly. Let stand 5 minutes before serving. Garnish with fresh chopped parsley, basil, and or oregano, if desired.

Greystone