

# Baked Eggplant Parmesan

## Ingredients

1 large eggplant, sliced into 1/4-inch-thick rounds  
Salt and freshly ground black pepper  
1/2 cup all-purpose flour  
2 large eggs  
1/2 cup panko bread crumbs  
1/2 cup grated Parmesan cheese  
1 (24-ounce) jar marinara sauce  
8 ounces fresh mozzarella, thinly sliced  
1/4 cup extra virgin olive oil

## Method

Generously season eggplant with salt and place on a wire cooling rack and let rest for 10 minutes.

Preheat the oven at 425

Rinse eggplant and pat dry with paper towels.

Place the flour in a shallow bowl and season with lemon salt and pepper

Crack the eggs into a second shallow bowl and whisk to combine

In a third shallow bowl, mix together the panko and the Parmesan.

One slice at a time, dredge the eggplant in the flour and then dip in the beaten eggs. Transfer to the bowl with the panko and toss to coat.

Place chicken on a foil-lined broiler-safe baking sheet and cook until crispy.

Heat broiler to high. Top the chicken with marinara and mozzarella. Broil until cheese melts and begins to brown, 3 to 5 minutes. Serve.

