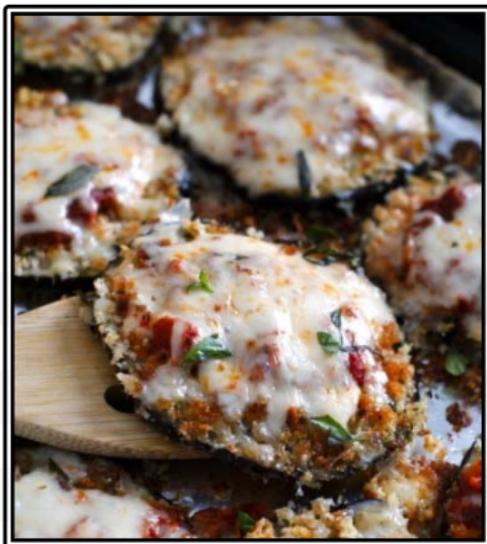


# LAMORA FAMILY'S FAVORITE EGGPLANT PARMESAN RECIPE



## Ingredients

- 2-3 LaMora Farms Eggplant- sliced
- 1-2 eggs, beaten
- flour
- Italian seasoned breadcrumbs
- olive oil
- spaghetti sauce
- parmesan cheese
- shredded mozzarella cheese

## Instructions

Preheat oven to 350°F. Slice eggplant and lightly salt, laying on counter for 10 minutes (this step helps remove acidity but can be skipped). Put flour, eggs & Italian seasoned breadcrumbs into 3 separate bowls. Dip eggplant slices in that order, covering them with flour, then egg then breadcrumbs as best as possible (mix will get clumpy, I use smaller amounts in bowls to avoid wasting ingredients). Fry in olive oil on medium heat, flipping until both sides are golden brown. Lay fried eggplant in 13 x 9 glass baking dishes and spoon spaghetti sauce over each. Sprinkle parmesan cheese then top with shredded mozzarella. Bake for approximately 20 minutes or until cheese is melted and top is golden. Serve warm or try cold as a leftover!!