

# Eggplant Parmesan Casserole

## Ingredients

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- 2 Eggplants (about 2 lbs., slice into 1/2-inch rounds)
- 2 c Panko
- 2 T Olive Oil
- 1 T Italian Seasoning
- 1 t Garlic Powder
- 1 t Salt
- 1/2 t Ground Black Pepper
- 2 Eggs
- 4 c Marinara Sauce
- 2 c Mozzarella Cheese (shredded)
- 2/3 c Parmesan (shredded)
- 1 c Basil (chopped)

## Instructions

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1. Line a large sheet pan with paper towels and place the eggplant rounds on the sheet in an even layer. Sprinkle evenly and generously with salt, then let the eggplant rounds rest for 1 hour. Transfer the eggplant rounds to a colander and rinse with cold water, then pat the eggplant dry with a clean paper towels.
2. In a pan on medium heat add olive oil then panko. Stir until golden brown and crispy then transfer to a bowl.
3. Heat oven to 425°F. Line a large sheet pan with parchment paper, and set aside. In a small bowl, whisk together the eggs with 2 tablespoons water, and set aside.
4. In a shallow bowl, whisk together the Panko breadcrumbs, Italian seasoning, garlic powder and

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1 teaspoon sea salt and black pepper until combined.

5. Dip an eggplant round in the egg mixture so that it is evenly coated on all sides, then transfer to the breadcrumb mixture and coat on all sides, then place it on the prepared baking sheet. Repeat with the remaining eggplant rounds until they are all coated in a single layer on the baking sheet. Bake for 25 minutes, until the eggplant is softened and mostly cooked through. Transfer baking sheet to a wire rack and set aside.

6. Spread 1/2 cup marinara sauce evenly across the bottom of a 9 x 13-inch baking dish. Place half of the eggplant in a layer along the bottom of the dish, topped evenly with 1 cup marinara sauce, 1 cup mozzarella, all of the parmesan, and half of

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the basil, the remaining eggplant, remaining marinara sauce, and the remaining mozzarella.

7. Bake for 20-25 minutes until the cheese is melted and starts to turn slightly golden around the edges and the eggplant is cooked to your liking. Transfer pan to a wire cooling rack and sprinkle with the remaining basil and extra Parmesan. Serve warm.