

# EGGPLANT PARMESAN

<https://lustron.home.blog/2020/09/08/eggplant-parmesan/>

## WHAT YOU NEED

- 1 Medium Eggplant
- 2 sandwich bags
- 1 pie plate
- 3/4 cup Parmesan cheese, grated
- 1 Egg
- 1/2 cup Flour
- 1/2 cup Mozzarella shredded
- 1/2 cup Spaghetti sauce
- 1 cup oil
- Large Dutch Oven
- 9 X13 baking dish

## DIRECTIONS

- Slice off the top and bottom of your eggplant and discard. Slice remaining eggplant into 1/4 inch slices.
- Add flour to one sandwich bag, add parmesan to the second. Crack your egg into the pie plate, add 2 Tbsp water, then beat with a fork until smooth. Add the oil to a dutch oven, and heat over medium heat until oil ripples.
- One-Two pieces at a time, coat the eggplant slices with flour, then egg, then parmesan. Then, set aside. Repeat for all remaining slices.
- Heat oven to 350 F.
- Add slices carefully to oil. Cook on each side for 2 minutes. Then transfer directly to the baking dish.
- Top each slice with 1 Tbsp sauce and a generous pinch of mozzarella. Add to oven and bake for 20 minutes. Let cool 10 minutes before serving.