

Baked Eggplant Parmesan

Makes 4 servings

Salting eggplant removes bitterness and roasting it makes it creamy. Your child can help by layering the sauce and cheese on the roasted eggplant.

Ingredients

- 1 large eggplant, cut into ½ inch thick slices
- 2 tablespoons olive oil
- ¼ teaspoon black pepper
- 1 cup low-sodium tomato sauce or marinara sauce
- ½ cup grated mozzarella cheese
- ¼ cup grated parmesan cheese
- ¼ cup basil leaves, chopped or torn
- Pinch of red pepper flakes (optional)



Photo: A Sweet Pea Chef

Directions

1. Line a baking sheet or two large plates with paper towels and arrange the eggplant slices on them in a single layer. Sprinkle each slice with a pinch of salt and let them sit for 20 minutes.
2. In the meantime, heat the oven to 425 degrees F.
3. After 20 minutes, use paper towels to dry the eggplant slices.
4. Line a baking sheet with aluminum foil and coat it with 1 tablespoon of olive oil. Add the eggplant slices in a single layer, then drizzle the remaining olive oil on top of the eggplant. Sprinkle the slices with a pinch of salt.
5. Bake until the top of the eggplant is golden brown, about 15 minutes.
6. Flip the eggplant and bake on the other side until soft and lightly browned, about 10 more minutes.
7. Remove the pan from the oven. Top each slice with 2 tablespoons of sauce, 1 tablespoon of mozzarella cheese, and ½ tablespoon of parmesan cheese.
8. Bake until the cheese is melted, about 5 minutes.
9. Remove the pan from the oven and let cool for 5 minutes. Top with basil and red pepper flakes and serve warm.

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