

Seasonal Eating



Eggplant Parmesan

- 1 egg
- 2 tablespoons water
- 1/2 cup panko bread crumbs
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper
- 1 large eggplant, sliced into 1/2 inch rounds
- 1/2 cup chopped onion
- 1 clove garlic
- 2 tablespoons olive oil
- 1 jar basil and tomato sauce (Classico is good)
- 1/4 cup red wine
- 1 pound mushrooms, quartered and sautéed in olive oil
- 2 cups shredded mozzarella cheese

In a flat pan or bowl, beat together the egg and water. In another flat pan or bowl, combine bread crumbs, parmesan, oregano and basil and season with salt and pepper. Dip eggplant slices in egg and then in the crumb mixture. Place in a single layer on a parchment lined baking sheet. Bake at 375 degrees for 25 minutes, turning once until golden on both sides. Meanwhile, to make the sauce, sauté the onion and garlic in the olive oil in a saucepan until translucent. Add the tomato sauce and red wine and simmer 10-15 minutes, stirring occasionally. When eggplant is done, remove from oven. Spray a 9x13 inch pan with vegetable spray and pour a little tomato sauce in the bottom. Place a layer of baked eggplant slices on top. Layer with part of the mushrooms, mozzarella cheese and sauce. Repeat until all of the eggplant is used and end with sauce and cheese on top. Bake at 400 degrees for about 20 minutes until bubbly and melted.