

Eggplant Parmesan

- Italian eggplant
- cooking oil
- crushed garlic
- egg
- flour
- fresh Parmesan cheese, grated
- [grilled vegetables](#) ^[1]
- fresh tomatoes
- [marinara sauce](#) ^[2]
- fresh [mozzarella cheese](#) ^[3], grated

Peel eggplant, and slice diagonally in 1/2 inch thick slices.

Salt each slice of eggplant, and let sit about ten minutes, then rinse, and repeat with the other side.

Cook garlic in oil.

Dip each eggplant slice in the egg, and then coat with flour. Cook about 5 minutes a side in the oil. Drain on paper towels.

Layer eggplants, spread out in the bottom of a pan.

Sprinkle some Parmesan cheese over the eggplants.

Layer the [grilled vegetables](#) ^[1] in, around and over the eggplants. Place some of the tomato slices on the top of the other veggies and eggplant slices.

Sprinkle more Parmesan cheese over.

Pour [marinara sauce](#) ^[2] over.

Sprinkle mozzarella cheese over.

Bake for 15 to 20 minutes in a preheated 400 degree Fahrenheit oven.

Preparation time: 60 minutes

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