

# Sheet Pan Eggplant Parmesan

Makes 6 Servings

## Ingredients

- 1 large eggplant, cut into 1/2-inch-thick circles
- Salt and pepper, to taste
- 1/2 cup flour
- 2 large eggs, lightly beaten
- 1 cup plain bread crumbs
- 1 1/2 cups marinara (pasta) sauce
- 1/2 cup shredded mozzarella cheese
- 3/4 cup shredded Parmesan cheese
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley (optional)

## Directions

1. Preheat oven to 400 degrees and line a rimmed baking sheet with aluminum foil. Season eggplant on both sides with salt. Place on paper towels and let sit for 10 minutes. Pat eggplant dry with paper towels.
2. Dip eggplant into flour, then into egg and then into bread crumbs. Eggplant should be coated with the bread crumbs. Place eggplant in a single layer on the foil-lined baking sheet. Coat both sides of the eggplant with cooking spray.
3. Bake eggplant for 10 minutes, flip and cook for 10 more minutes. Top each eggplant with 1/4 cup pasta sauce, a sprinkle of mozzarella and a sprinkle of Parmesan. Bake until cheese is melted, about 5 minutes. Top with parsley (if using) and serve.

Recipe from: Feeding Pennsylvania and PA Eats

