

Eggplant Parmesan Gluten-Free

Servings: 4

Prep time: 20 minutes

Cook time: 20 – 25 minutes

Ingredients:

- 1 large eggplant, sliced into 1/2-inch rounds
- Salt
- 1 cup gluten-free breadcrumbs (panko style is great)
- 1/2 cup grated Parmesan cheese
- 2 eggs, beaten
- 1/4 cup milk (dairy or non-dairy)
- Olive oil, for frying
- 1 jar (24 ounces) marinara sauce
- 8 ounces mozzarella cheese, shredded

Directions:

Step 1

Salt eggplant slices and let them sit for 30 minutes to draw out moisture. Pat dry.

Step 2

Combine gluten-free breadcrumbs and Parmesan cheese.

Step 3

Whisk eggs and milk in a separate bowl.

Step 4

Dip eggplant slices in the egg mixture, then coat with the breadcrumb mixture.

Step 5

Heat olive oil in a large skillet over medium heat. Fry eggplant slices until golden brown on both sides.

Step 6

Spread a thin layer of marinara sauce in a baking dish. Layer with eggplant slices, more marinara sauce, and mozzarella cheese.

Step 7

Bake at 375°F (190°C) for 20-25 minutes, or until cheese is melted and bubbly.