

Eggplant Parmesan

- ~ 1 medium eggplant, sliced into 1/2 inch rounds
- ~ 2 cups Panko Italian seasoned bread crumbs
- ~ 1 cup milk
- ~ 1 egg
- ~ mozzarella, sliced
- ~ favorite pasta sauce
- ~ basil for garnish
- ~ salt and pepper
- ~ oil

1. Start by slicing your eggplant into 1/2 inch rounds and then soak in a salt water bath for 5-10 minutes. Remove from the salt water bath and dry well with paper towels.

2. Place the bread crumbs in a shallow bowl. In another shallow bowl mix egg and milk together. Dip eggplant in milk and egg mixture and then bread crumbs until coated well.

3. Heat oil in a large pan on medium heat. Place breaded eggplant in pan and cook on for about 7-10 minutes or until brown. Then flip over and cook for about 5 minutes and then place a slice of mozzarella cheese on each eggplant. Cover with a lid and cook for another 2 minutes or until cheese is melted and eggplant is browned.

4. Place eggplant on a plate and top with your favorite pasta sauce and garnish with a bit of fresh basil. Serve warm and enjoy.

* You can also bake these in a 425 degree oven until eggplant is browned and crisp, about 30 minutes, rotating the baking sheet after 10 minutes and flipping the slices after 20 minutes.

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