

easy gluten free sheet pan eggplant parm

all the crispy cheesy eggplant parm vibes without the restaurant trip!

gluten free | dairy free option | vegetarian | vegan option | nut free

serves 2 as is | serves 4 over pasta | prep 15 min | bake 40 min | one pan

INGREDIENTS

- 1 eggplant, skin removed, sliced into 1/2 inch rounds
- 1 cup Aleias gluten free Italian breadcrumbs (labeled certified gluten free)
- 1 egg
- 1 1/2 cups fat free ricotta cheese (or dairy free ricotta)
- 1 1/2 cups low fat shredded mozzarella (or dairy free mozzarella)
- 1 to 2 cups Raos marinara sauce (labeled gluten free)
- Drizzle of olive oil
- Salt, pepper, garlic, and basil for topping

DIRECTIONS

1. Preheat your oven to 400 degrees. Line a jelly roll sheet pan with parchment paper.
2. Optional pro step: lay your **eggplant rounds** out on a paper towel, sprinkle generously with salt, and let sit for 20 to 30 minutes to draw out excess moisture. Pat completely dry before moving on.
3. Set up your breading station. Crack **1 egg** into a shallow bowl and whisk. Pour **1 cup of Aleias gluten free breadcrumbs** into a second shallow bowl. Dip each eggplant round into the egg letting the excess drip off, then press firmly into the breadcrumbs on both sides to coat.
4. Arrange the breaded eggplant rounds in a single layer on the prepared sheet pan. Drizzle generously with **olive oil** and season with salt and pepper. The olive oil is what makes them crispy so do not be shy!
5. Bake for 20 minutes until the breadcrumbs are golden and the eggplant is starting to get crispy around the edges.
6. Remove from the oven. Add scattered dollops of **1 1/2 cups ricotta** across the eggplant rounds. Add scattered spoonfuls of **1 to 2 cups Raos marinara** in between the ricotta dollops. Think pockets of each rather than one even layer!
7. Sprinkle **1 1/2 cups shredded mozzarella** over everything. Drizzle with a little more olive oil and season with salt, pepper, garlic, and basil.
8. Return to the oven and bake for another 20 minutes until the cheese is fully melted, golden, and has those gorgeous browned spots on top just like pizza. Serve immediately!

STORAGE + REHEAT TIPS

- ▶ **Fridge:** Store leftovers in an airtight container for up to 2 to 3 days.
- ▶ **Reheat (oven):** Spread on a sheet pan, sprinkle a tiny bit of water over the top to loosen the sauce, and bake at 350 degrees for about 30 minutes until warmed through and bubbly.
- ▶ **Reheat (air fryer):** 390 degrees for 10 to 15 minutes for a solo portion. Comes out perfectly crispy!
- ▶ **Freeze:** Store in an airtight container for up to 2 months. Thaw overnight in the fridge before reheating.
- ▶ **Next day lunch:** The flavors deepen overnight and it reheats beautifully. Make the full batch for dinner and save half for lunch!

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