

Eggplant Parmesan

adapted from [Cooking Club of America](#)

printed from [Smells Like Food in Here](#)

3 tsp olive oil, divided
1 medium onion, chopped
6 garlic cloves, minced
1/8 tsp crushed red pepper
3 (14-oz.) cans diced tomatoes
1/2 tsp salt
3 lb. eggplant, unpeeled, sliced crosswise (3/8")
1 c low-fat (1%) cottage cheese
1 c shredded part-skim mozzarella Monterrey Jack cheese
1/2 c slivered fresh basil
1/2 c grated Parmesan cheese
3 tbsp panko

Heat 2 teaspoons of the oil in large wide pot or Dutch oven over medium heat until hot. Cook onion 2 to 3 minutes or until softened, stirring frequently. Add garlic and crushed red pepper; cook and stir 30 seconds or until fragrant.

Add tomatoes; bring to a boil. Reduce heat to medium-low; simmer 20 to 30 minutes or until sauce has thickened, stirring frequently and mashing tomatoes with spoon.

Puree sauce with immersion blender or mash with potato masher. Stir in salt.

I mashed mine as an immersion blender is non-existent in my kitchen.

Heat oven to 400°F. Spray both sides of eggplant slices ([salted to draw out alkaloid bitterness](#)) with cooking spray. Roast over 15-18 minutes or until browned and tender, turning once.

Spray 13x9-inch glass or ceramic baking dish with cooking spray.

Spread 1/2 cup tomato sauce over bottom of dish. Arrange one-third of eggplant slices over sauce; spread with 3/4 cup tomato sauce.

Spoon 1/2 cup cottage cheese over sauce; sprinkle with 1/3 cup pepper-jack cheese, 1/4 cup basil and 1 tablespoon Parmesan cheese.

Top with one-third of the eggplant. Repeat layering once.

Top with remaining eggplant; spread with remaining tomato sauce. Sprinkle with remaining Parmesan cheese and pepper-jack cheese.

Combine panko and remaining 1 teaspoon oil in small bowl; sprinkle over casserole.

(Recipe can be made to this point 2 days ahead. Cover and refrigerate. Add 5 to 10 minutes to baking time.)

Bake 35 to 45 minutes or until casserole is bubbly and top is golden brown. Let stand 10 minutes before serving.