

EGGPLANT PARMESAN

Recipe by loveandlemons.com

PAIR WITH:

"OLIVEN VINEYARD"
CABERNET SAUVIGNON

INGREDIENTS

2 large eggplants, cut into ¼-inch-thick rounds

2 large eggs, beaten

¼ cup almond milk

1½ cups panko breadcrumbs

1¼ cups grated Parmesan cheese, divided

2 teaspoons dried oregano

2 tablespoons fresh thyme leaves

½ teaspoon red pepper flakes

½ teaspoon sea salt, plus more for sprinkling

Freshly ground black pepper

Extra-virgin olive oil, for drizzling

28 ounces Marinara Sauce

2 large fresh mozzarella balls, thinly sliced

⅓ cup fresh basil leaves

PREPERATION

STEP 1

- Preheat the oven to 400°F and line 2 baking sheets with parchment paper.

STEP 2

- In a medium-sized shallow dish, whisk the eggs and almond milk.

STEP 3

- In another medium-sized shallow dish, combine the panko, 1 cup Parmesan cheese, oregano, thyme, red pepper flakes, salt, and several grinds of pepper.

STEP 4

- Dip the eggplant slices into the egg mixture and then into the panko mixture.
- Place onto the baking sheets, drizzle with olive oil, and bake for 18 minutes or until tender and golden brown

STEP 5

- In an 8x12 or 9x13-inch baking dish, spread ½ cup marinara, layer half the eggplant, and top with 1 cup of marinara and half the mozzarella.
- Repeat with the remaining eggplant, the remaining marinara, and the remaining mozzarella.
- Sprinkle with the remaining ¼ cup Parmesan cheese, drizzle with olive oil, and sprinkle with a few more pinches of sea salt.
- Bake for 20 minutes or until the cheese is nicely melted.
- Turn the oven to broil and broil for 2 to 4 or until the cheese is browned and bubbling.

STEP 6

- Remove from the oven and top with fresh basil.