

# EGGPLANT PARMESAN

½ cup Basil  
2 Eggplants, sliced  
16 oz. Marinara Sauce  
1 Tbsp. Olive Oil  
1 cup Mozzarella Cheese  
Sea Salt, Pepper, other  
seasonings to taste

1. Preheat oven to 400 degrees.
2. Cover two baking sheets with foil and add cooking spray/butter. Place eggplant in a single layer on the baking sheet and drizzle with olive oil. Sprinkle with sea salt, pepper and any additional seasonings.
3. Bake for 20 to 25 minutes, until softened.
4. Coat an 8 in. x 8 in. glass or ceramic baking dish with cooking spray/butter. Add half of the marinara sauce to bottom. Add a layer of baked eggplant and sprinkle with half of the cheese. Add more sauce, another layer of eggplant, more sauce, and remaining cheese.
5. Cover with foil and bake for 20 minutes. Remove foil and let cheese brown if desired.
6. Serve with fresh basil and parmesan cheese if desired.

RECIPE SERVES 2 TO 4

