



# AITKIN FARMERS' MARKET

## Seasonal Recipes

### Baked Eggplant Parmesan Rounds



FEATURING FROM MARKET

WITH EGGPLANT



SERVINGS

4



COOK TIME

40 mins.



TOTAL TIME

50 mins.

#### INGREDIENTS

- 1 large eggplant
- 2 teaspoons sea salt
- 2 cups panko breadcrumbs
- ½ cup parmesan cheese
- 1 teaspoon Italian seasoning
- 1 cup all-purpose flour
- 2 eggs beaten
- 1 Tablespoon canola oil
- 2 cups marinara sauce
- 1 cup mozzarella cheese
- 3 Tablespoons fresh chopped basil



#### DIRECTIONS

1. Peel the skin of the eggplant if desired (I keep the skin on). Slice the eggplant into ¼ to ½ inch slices. Place them on a large plate and sprinkle them with salt. Allow them to sit for at least 30 minutes for the bitter juices to drain. Rinse and pat the slices dry with a paper towel.
2. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
3. Combine the breadcrumbs with ½ cup of parmesan cheese and Italian seasoning. Place the flour in a dish, the eggs in a shallow bowl, and the breadcrumb mixture in another dish.
4. Dredge each eggplant slice in flour and then in the eggs, letting the excess drip. Coat with breadcrumb mixture and place them on baking sheet. Brush both sides with a light layer of canola oil.
5. Bake for 30 minutes or until golden brown, flipping the slices half-way through baking. Remove eggplant from oven and top with marinara sauce and mozzarella cheese. Reserve some sauce to serve on the side.
6. Bake for 10 minutes until cheese is browned and bubbling. Sprinkle with chopped basil before serving.

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