

Eggplant Parmesan

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Wheat

One large eggplant, peeled

Olive oil

Salt

Pepper

Basil

Oregano

One large can crushed tomatoes

Grated/shredded parmesan cheese

Preheat oven to 350 F. Slice the eggplant very thinly (aim for ¼ inch or thinner). Coat the bottom of a pan with olive oil and flip the slices of eggplant in the pan so that they are coated lightly with oil. Place a layer of eggplant pieces on the bottom of the pan. Then lightly sprinkle the eggplant with salt, pepper, basil and oregano to taste. Spread a layer of tomatoes over the eggplant layer and top with thin layer of parmesan cheese. Continue to layer the eggplant, seasoning, tomatoes and cheese until you have used up all of your ingredients. Add additional parmesan cheese to the top if desired. Cook for 45 minutes to 1 hour, or until the cheese is melted and the eggplant is tender when poked with a fork. Serve warm either alone or over pasta.

Serves: 10 – 12 (\$0.95/serving)