

Baked Eggplant Parmesan

Ingredients

- cooking spray
- 2 large eggs
- 2 tablespoons water
- 1 cup panko breadcrumbs
- ¾ cup grated Parmesan cheese, divided
- 2 medium eggplants (about 2 pounds total), cut crosswise into ¼ inch-thick slices
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 (24 ounce) jar no-salt-added tomato sauce
- ¼ cup fresh basil leaves, torn, plus more for serving
- 2 cloves garlic, grated
- 1 cup shredded part-skim mozzarella cheese, divided

Instructions

1. Position racks in middle and lower thirds of oven; preheat to 400°F. Coat 2 baking sheets and a 9-by-13-inch baking dish with cooking spray.
2. Whisk eggs and water in a shallow bowl. Mix breadcrumbs and ¼ cup Parmesan in another shallow dish. Dip eggplant in the egg mixture, then coat with the breadcrumb mixture, gently pressing to adhere.
3. Arrange the eggplant in a single layer on the prepared baking sheets. Generously spray both sides of the eggplant with cooking spray. Bake, flipping the eggplant and switching the pans between racks halfway, until the eggplant is tender and lightly browned, about 30 minutes. Season with salt and pepper.
4. Meanwhile, mix tomato sauce, basil, and garlic in a medium bowl.
5. Spread about 1½ cup of the sauce in the prepared baking dish. Arrange half the eggplant slices over the sauce. Spoon 1 cup sauce over the eggplant and sprinkle with ¼ cup Parmesan and ½ cup mozzarella. Top with the remaining eggplant, sauce and cheese.
6. Bake until the sauce is bubbling and the top is golden, 20 to 30 minutes. Let cool for 5 minutes. Sprinkle with more basil before serving, if desired.

Makes 6 servings



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