



## Mamma's Eggplant Parmigiana

*Parmigiana Di Melanzane*

Yields 6-8 Servings

### INGREDIENTS:

- 3 large eggplant, peeled, sliced into 1/4" slices
- 3 Tbsp. kosher salt, divided
- 1/2 cup olive oil
- 3 cups My Mamma's Simple Tomato Sauce or marinara sauce
- 1/4 cup basil, torn into pieces
- 1/2 cup Parmigiano-Reggiano cheese, grated
- 1 1/2 cups, 8 oz. mozzarella cheese, grated
- 1/2 tsp. freshly ground black pepper



Parmigiana di Melanzane is definitely one of my absolute favorite comfort dishes! Our family's is a healthier version where the eggplant slices are brushed with olive oil and baked in the oven on a baking sheet. You can always fry the slices if you like.

### INSTRUCTIONS:

1. Peel some of the skin off the eggplant if desired. Cut into 1/4" slices. Place eggplant slices in a colander and salt generously. Let them sit and drain for 30 minutes, then rinse off the remaining salt and dry the eggplant well with paper towels.
2. Brush the eggplant slices lightly with olive oil and place on a parchment-lined baking sheet.
3. Bake at 400° F for 30 minutes or until lightly browned, or grill on a grill pan until lightly brown and tender on each side. Remove and blot eggplants of excess oil with paper towels if needed.
4. Place a thick layer of marinara sauce in the bottom of a 9"x13" baking dish. Add a layer of eggplant on top of the sauce, torn basil leaves, shredded mozzarella and grated Parmigiano-Reggiano cheese and a sprinkle of black pepper.
5. Repeat layers to fill the baking dish, about three layers. Sprinkle the remaining mozzarella and Parmigiano on top.
6. Bake at 375° F for about 35-45 minutes.
7. Remove from the oven and let rest for 15-20 minutes before serving.

*Great made ahead of time and or frozen in an airtight container for up to a month.*