



Eggplant PARMESAN



✧ A TASTE OF ITALY ✧

A beloved Italian classic featuring tender breaded eggplant, rich marinara sauce, and melted cheese. Comforting, hearty, and full of homemade flavor—perfect for any meal!

God's Recipe of Anointing Oil

Exodus 30:23–25 (KJV)

And thou shalt take the chiefest of the spices, even pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels,

And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin:

And thou shalt make it an holy anointing oil, an ointment compounded after the art of the apothecary...

INGREDIENTS

- 2 large eggplants, sliced 1/2-inch thick
- 1 tsp salt (for sweating eggplant)
- 2 cups all-purpose flour
- 3 large eggs, beaten
- 2 cups Italian seasoned breadcrumbs
- 1 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and black pepper to taste
- 1 cup olive oil (for frying)
- 4 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese (for topping)
- Fresh basil, for garnish (optional)

INSTRUCTIONS

- 1 Sprinkle eggplant slices with salt and place in a colander for 30 minutes to draw out moisture. Rinse and pat dry.
- 2 Set up breading station: place flour in one dish, beaten eggs in another, and breadcrumbs mixed with Parmesan, garlic powder, oregano, basil, salt, and pepper in a third.
- 3 Dredge each eggplant slice in flour, dip in egg, then coat with breadcrumb mixture.
- 4 Heat olive oil in a large skillet over medium heat. Fry eggplant slices until golden brown on both sides. Drain on paper towels.
- 5 Preheat oven to 375°F (190°C).
- 6 Spread 1 cup of marinara sauce in the bottom of a 9x13-inch baking dish.
- 7 Layer half of the eggplant, top with marinara sauce, mozzarella cheese, and a sprinkle of Parmesan. Repeat layers.
- 8 Top with remaining marinara sauce, mozzarella, and Parmesan.
- 9 Bake uncovered for 25–30 minutes, until bubbly and golden.
- 10 Let rest 5 minutes before serving. Garnish with fresh basil if desired.

Made with Love & Simple Ingredients

Fresh Eggplant • Herbs
Olive Oil • Marinara Sauce
Cheese • Garlic
A Taste of Italy
Straight from the Heart!

PERFECT WITH:

- Garlic Bread
- Caesar Salad
- Spaghetti Marinara
- Roasted Vegetables
- A Glass of Red Wine

DID YOU KNOW?

Eggplant is rich in antioxidants and fiber, and pairs beautifully with garlic and herbs that support heart health and overall wellness.



Scan Me!