

Foodnity Recipes

Crispy Baked Eggplant Parmesan

25 min Prep time	**35 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Eggplant

- [ ] 1 large eggplant, sliced into 1/8-inch thick rounds
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1/4 cup olive oil

For the Breading

- [ ] 2 eggs, beaten
- [ ] 1 tablespoon water
- [ ] 1 cup Italian-seasoned breadcrumbs
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 1 tablespoon dried oregano
- [ ] 1 tablespoon dried basil

For the Assembly

- [ ] 4 cups marinara sauce (store-bought or homemade)
- [ ] 2 cups low-moisture mozzarella cheese, shredded

Instructions

1. First things first, go ahead and preheat your oven to 400°F (200°C). I like to line a large baking sheet with parchment paper or a silicone baking mat—honestly, it just makes the cleanup so much easier.
2. Slice your eggplant into those thin 1/8-inch rounds. Now, here is the secret: sprinkle each slice lightly with salt and let them just sit for about 20 minutes. It draws out the bitterness, you know? After that, give them a quick rinse under cold water and pat them dry with a clean kitchen towel.
3. Grab two bowls. In one, whisk together the 2 eggs and 1 tablespoon water for your egg wash. In the other, mix the Italian-seasoned breadcrumbs, 1/4 cup Parmesan, oregano, basil, and a pinch of salt and pepper. Simple as that.
4. Dip each eggplant slice into the egg wash first, then coat it thoroughly in the breadcrumb mixture. I usually press down lightly just to make sure everything sticks well. Set them on a plate for a moment.
5. Give each coated slice a light mist or brush of olive oil and lay them out in a single layer on your baking sheet. Pop them in the oven for 15 minutes, turning them once. You're looking for a lovely golden, crisp finish.
6. While those are crisping up, go ahead and turn your oven down to 375°F (190°C). I usually grease the bottom of a 9x13-inch baking dish with a bit of olive oil or spray so nothing sticks.

7. Start your layers. Spread one cup of marinara sauce on the bottom, then lay 4 eggplant slices over it. I like to add a light sprinkle of oregano and basil here, followed by some shredded mozzarella and a tiny drizzle of olive oil.

8. Pour the remaining marinara sauce over that cheese, then just repeat the layering: eggplant, cheese, and sauce. End it all with a final layer of sauce and a generous topping of mozzarella and Parmesan. Wow, it looks so good already.

9. Cover the dish loosely with aluminum foil and bake for 25 minutes. Then, take the foil off and bake for another 10-15 minutes. You want that cheese to be bubbly and golden brown.

10. Now, the hardest part: let it rest for about 5 minutes before slicing. I mean, I know it smells amazing, but it helps the layers set so it doesn't just slide apart when you serve it.

Nutrition per serving

420 kcal	18 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Salting the eggplant is key to removing that bitter edge.
- Parchment paper is a lifesaver for the breading stage.
- Resting the dish before serving ensures clean slices.