

EGGPLANT PARMESAN

(More-with-Less)

1 medium eggplant

1 cup bread crumbs (can use gluten-free bread)

1/2 cup Parmesan cheese

2 Tbsp. chopped parsley

1 tsp. salt

1/8 tsp. pepper

1 tsp. oregano

6 tomatoes, chopped (or one 14 oz. can chopped tomatoes)

2 green peppers, chopped (I leave these out)

2 onions, chopped

2 Tbsp. oil (olive oil)

1 clove garlic, minced

2 Tbsp. tomato paste (or thicken sauce with 1 Tbsp. flour)

1-2 cup grated cheese

1/4 cup additional Parmesan

Slice eggplant and place on a baking sheet. Brush with olive oil and broil 5-7 minutes. Turn slices, brush with olive oil, and broil until tender. Place in the bottom of a greased 9 x 13-inch baking dish. (I would use a smaller dish.)

Mix breadcrumbs, Parmesan cheese, parsley, salt, pepper, and oregano and sprinkle over eggplant.

Combine tomatoes, green peppers, onions, oil, garlic and tomato paste in a saucepan.

Simmer uncovered about 20 minutes then spread on top of the crumb mixture. Top with cheeses and bake uncovered 10-15 minutes at 375F. Can be made ahead and refrigerated.

Serves 4.

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