

Eggplant Parmigiana



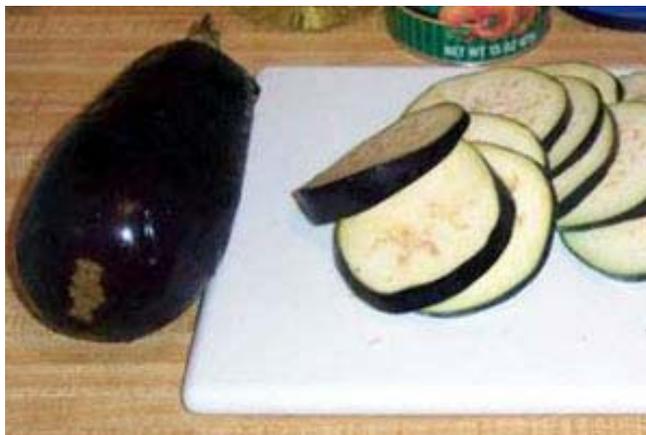
Ingredients:

- 1 Large Purple Eggplant
- Salt
- 1 Egg, beaten
- ½ c Breadcrumbs
- ½ ts Italian herbs, dry
- 4 oz Mozzarella Cheese, grated
- 2 c *Nana Pasta Sauce (Traditional)*
- Oil for frying
- Parmesan Cheese for serving

Preparation:

Slice eggplant into ¾-inch “steaks”. Lightly sprinkle both sides of each “steak” with salt. Allow to marinate 30-minutes – the salt will draw out some of the moisture so the breadcrumb coating will adhere better, and to extract the bitter oxalic acid. Use a kitchen towel or two to pat the eggplant dry, adding a bit of pressure to help get as much moisture out as possible.

Mix the dry herbs with the breadcrumbs. Dip eggplant steaks into egg, and then cover with breadcrumbs. Allow to sit 10-minutes so the coating will adhere better. Panfry over medium-low heat until the coating is golden-crispy, and eggplant is tender.



Cover each piece of fried eggplant with mozzarella cheese. Heat *Nana Pasta Sauce*, and then pour over the cheese. Serve as is for a crispier texture and a quick finish, or bake in a casserole until the sauce and cheese are bubbly.

Serve with a condiment bowl of parmesan cheese and a side dish of either spaghetti or herb-butter pasta, along with some garlic bread.

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For best results always use *Nana Pasta Sauce*.