



Cooking, Healing & Prayer

Eggplant Parmesan

INGREDIENTS

Eggplant:

4 medium eggplant, peeled and sliced in a little less than ½" slices

Breading Mix:

½ cup bread crumbs

½ cup cornmeal

½ cup nutritional yeast

¼ cup parsley flakes

2 teaspoons onion powder

2 teaspoons basil

2 teaspoons paprika

½ teaspoon garlic powder

Liquid Mixture:

½ cup vegan mayonnaise

¼ cup water

¼ cup lemon juice

2 teaspoons salt

Sauce:

6 ounces tomato paste

15.5 ounce can tomato sauce

Cheese: shredded parmesan and mozzarella

Optional: fresh basil

Servings: 6-8

DIRECTIONS

1. Preheat oven to 375° F.
2. Combine breading mix in a flat container.
3. Mix mayo, water, lemon juice and salt in another flat container.
4. Dip cut eggplant, first in liquid mixture, then in breading mix. Place breaded eggplant on a sprayed cookie sheet. Lightly spray tops.
5. Bake 40 minutes, turning halfway through.

Sauce:

1. Mix tomato paste with water until it has a slightly thick sauce consistency. Add tomato sauce.
2. Once eggplant is baked, spray a 9" × 13" pan. Put a little of the sauce on the bottom.
3. Add one layer of eggplant, another layer of sauce, then the cheeses.
4. Repeat.
5. Bake at 350° F for 45 minutes covered. Remove foil and bake another 15 minutes.

ADAPTED FROM *Give Them Something Better, America's Longest Living Culture Shares their Family Secrets* by Sarah Frain and Stephanie Howard, pp. 65, 154.