

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Lazy Eggplant Parmigiana

Serves 4



Ingredients

- 2 medium eggplants cut lengthwise into thin slices
- 2 cups of passata (tomato puree)
- 4 tablespoons of good quality olive oil
- Salt and pepper to taste
- 2 sprigs of fresh oregano
- 1 bunch of freshly chopped basil
- 200g of Pecorino cheese or Mozzarella cheese
- Grated Parmigiano cheese

Instructions

1. Position oven rack in the top third of the oven and preheat to 350°F (180°C).
2. Line a baking sheet with parchment paper and set aside.
3. *To make the tomato sauce:*
 - a. Heat the passata in a saucepan over medium heat. Add a drizzle of olive oil, oregano, salt and pepper and cook for about 5 minutes. You just want to warm the passata and let the flavors come together.
4. *To prepare the eggplant:*
 - a. Preheat your grill or a grill pan over high heat. Add olive oil and lightly grill the eggplant slices on both sides.
5. *To assemble the dish:*
 - a. Place eggplant in a single layer on the baking sheet.
 - b. Spread the tomato sauce over the grilled eggplant and top with slices of Pecorino or Mozzarella cheese and grated Parmigiano. Drizzle with some extra virgin olive oil. Bake until the cheese melts and becomes slightly golden on top. Remove the sheet pan from the oven and sprinkle the eggplant with fresh basil.
 - c. Let rest for a few minutes and then enjoy!

Like traditional eggplant parmigiana, I prefer to eat it a few hours after it has come out of the oven and has been resting at room temperature.

Buon Appetito!!