

Eggplant Parmesan

Sauce

2 Tbs Vegetable oil
1/4 Tsp oregano
1/3 Cup tomato paste
1/2 Tsp. Salt
1/4 Tsp Black pepper
1-14 1/2 Can Peeled tomatoes
1/4 Cup Parsley flakes
1 Bay leaf
1 Clove garlic

Eggplant

1 Large eggplant
1 Large egg
1/4 Cup flour
1/2 Tsp Salt
6-8 Tbs Olive oil
6 oz. Grated Mozzarella
Non-stick spray

To make sauce, mix sauce ingredients and simmer 30-45 minutes. Slice eggplant and dip pieces into egg and then flour mixed with salt. Sauté slices in olive oil 3 minutes per side, Adding more oil between batches. Drain finished slices on paper towels. Spray 9x13x2 inch baking dish with non-stick spray. Spoon a layer of sauce onto bottom of dish, just enough to cover the bottom. Top with a layer of eggplant and another layer of sauce. Top with half of mozzarella. Repeat, finishing with the remaining cheese on top. Bake in preheated 400-degree oven for 20-25 minutes until top is browned and bubbly. Serves six.