Healthy baked Eggplant Parmesan

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This healthy baked eggplant parmesan is such an easy vegetarian Italian recipe. In this heathy baked eggplant parmesan version I left the grated bread coating off. Instead of frying I coated the eggplant in extra virgin olive oil, garlic and Italian parsley and roasted it.

This healthier eggplant parmesan still has bubbly cheese, garlicky tomato sauce and savory meaty roasted eggplant.

This is my best heathier baked eggplant parmesan recipe. faster and easier and full of delicious Italian flavors.

I hope it becomes one of your family’s favorite like it did in my.

Tips for this healthy baked parmesan recipe

To peel or not to peel the eggplant in this healthy eggplant parmesan recipe ? That depends on your taste, what you plan on using it for and how fresh the eggplant is.

What I like to do is peel strips of the eggplant off and leave some of the skin on.

The other debate about eggplant is whether to salt to extract the bitterness out of it or not to salt. If the eggplants are just picked farm fresh I don’t salt them.

It’s not eggplant season so I did salt the eggplant in this recipe. It’s not necessary to salt the eggplant any longer than 15 minutes. Prior belief was you had to salt the eggplant for a few hours. Now they bred eggplants to be less bitter. I found that 15 minutes is enough.

This heathy eggplant recipe takes about 45 minutes to make, which is not always possible for a busy weeknight meal. I usually make this one on the weekends.

I hope you make this easy eggplant recipe. And please let me know how it works out for you.

Ingredients

- 2 medium eggplant
- 3 cups shredded mozzarella
- 1 cup grated parmesan cheese
- 3 cups marinara sauce
- 4 Tsps. olive oil
- 1 Tbsp. minced garlic
- 2 Tbsp. of a combination of Italian herbs dry or fresh, Parsley. thyme and oregano.
- salt

Instructions

1. Slice the eggplant into medium thick round slices
2. salt the eggplant on both and let sit for at least 30 minutes
3. rinse the eggplant and pat dry with paper towels
4. In a bowl toss the eggplant with extra virgin olive oil, the minced garlic, light salt and Italian herbs.
5. Roast in a pre heated 375-degree oven until golden brown about 20 minutes
6. Take out of the oven and spread with my easy marinara sauce, the shredded mozzarella, grated parmesan and

Italian parsley repeat the process stacking three eggplant slices together. starting with the eggplant and ending with the cheese

7. Set oven to broil and broil until cheeses are melted and golden brown
8. Finish off with marinara sauce more grated parmesan and a sprinkle of Italian parsley. ENJOY!!!!