



EGGPLANT PARMESAN

1 eggplant

panko bread crumbs

1 egg

My recipe for Italian Meat Sauce

<http://kitchenpsycho.weebly.com/1/post/2011/01/italian-meat-sauce.html>

Pasta (spaghetti, linguine...)

Peel (with potato peeler) eggplant and slice into 1/2" thick slices. Dredge in whipped egg, then coat with bread crumbs. Pour about 4-5 tbsp oil in baking sheet and spread around. Put eggplant on baking sheet and broil for about 5-7 minutes, until browned, then flip and continue to broil another 5 mins.

Serve with pasta and meat sauce.

Recipe courtesy of Jennifer Raper, www.kitchenpsycho.com