

No-Fry Sheet Pan Eggplant Parmesan

Ingredients:

- 4 tablespoons olive oil
- 2 large cloves garlic, thinly sliced
- 28 ounce can crushed tomatoes
- ¼ teaspoon crushed red pepper flakes
- Kosher salt
- 1/3 cup basil leaves, chopped plus more for serving
- 1 medium eggplant sliced into ½-inch thick rounds
- 1/3 cup flour
- 2 eggs, beaten
- ¾ cup Italian-style breadcrumbs
- 1-pound fresh mozzarella, sliced
- ¼ cup grated Parmesan

Directions:

1. Preheat the oven to 450°F. Cover sheet pan with foil and spray.
2. Put 2 tablespoons olive oil in a large skillet and place over medium heat. When the garlic sizzles, add tomatoes, red pepper flakes and ¾ teaspoon salt. Bring to a simmer and continue to cook, stirring occasionally, until the sauce thickens, about 8 minutes. Remove from heat and stir in the chopped basil.
3. Heat a 18x13 inch sheet pan in the oven for at least 10 minutes while breading the eggplant.
4. Line up three shallow dishes; fill one with the flour, one with the beaten eggs, and one with the breadcrumbs.
5. Sprinkle both sides of the eggplant with salt. Dredge an eggplant slice in the flour (tapping off excess), then dip in the egg, and finally dredge it in breadcrumbs. Repeat with the remaining eggplant.
6. When all the eggplant slices are breaded, carefully remove the heated sheet pan from the oven and brush it with 2 tablespoons olive oil. Place the eggplant on the sheet pan in a single layer. Bake until browned 8 to 10 minutes, then flip slices and continue baking until the are golden on the second side, 8 to 10 minutes more.
7. Top the baked eggplant with the tomato sauce, mozzarella, and Parmesan. Return the pan to the oven and bake, rotating halfway through, until the cheese melts and brown and the sauce is bubbly, 20 to 25 minutes. Top with torn basil before serving.

Source: FoodNetwork.com