



Fuel the Body  
Fuel the Soul

# Eggplant Parmesan



**PREP TIME**

10 MINUTES



**BAKE TIME**

45 MINUTES



**SERVINGS**

ABOUT 4

## Ingredients:

2 tbs olive oil  
1 clove minced garlic  
1 tbs parmesan cheese  
1 tbs basil  
1/2 cup shredded mozzarella cheese

1 thinly-sliced medium tomato  
1 peeled and sliced eggplant



## Procedure:

1. Mix olive oil and garlic.
2. Brush eggplant slices with olive oil mixture and place on a baking sheet.
3. Bake eggplant slices at 425° for 15 mins. Flip slices and cook for an additional 5 mins.
4. Layer eggplant, tomato, basil, parmesan and mozzarella in a oven-safe dish. Top with remaining cheese.
5. Cover and bake for 20 mins. Uncover and bake for an additional 5 mins.
6. Enjoy!



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