

## Featured Recipe

### Eggplant Parmesan

#### Eggplant Ingredients:

- 1 large eggplant (1 1/2-1 3/4 pounds)
- 1 1/2+ cup dry bread crumbs, finely ground\*
- 1/2 cup Jules Gluten Free™ All Purpose Flour
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs
- 2 tablespoons milk, dairy or nondairy (Blue Diamond® Almond Breeze)
- High heat oil for frying



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\*To make breadcrumbs, take that hard loaf of GF bread out of your freezer, cut it in thirds, pulse one third in a food processor, then pour onto a baking sheet and toast in a 300F oven for 10 minutes, or until crispy. What a great use for the nasty store-bought GF bread we all have in deep freeze! If you prefer tastier crumbs, follow my [Sandwich Bread Recipe](#), bake, cut and toast as described above. The best results really do start with the best ingredients!)

#### Dish Ingredients:

- 1 jar pasta or marinara sauce, gluten-free (32 ounces)
- 16 ounces fresh Bufala mozzarella cheese, thickly sliced, or nondairy mozzarella (Galaxy Nutritional Foods® Rice Vegan Mozzarella Flavor)
- 1/2 cup shredded or grated Parmesan cheese, dairy or nondairy (Galaxy Nutritional Foods® Vegan Grated Topping)
- Fresh basil leaves for layering in the dish

#### Eggplant Directions:

Wash eggplant and peel stripes in the skin, vertically, then cut lengthwise 1/4-1/2 inch thick slices.

Arrange one layer of cut eggplant slices in the bowl of a large colander; sprinkle evenly with salt.

Repeat this process with the remaining slices, layering until all eggplant is in the colander. Place 2-3 heavy plates on top of the slices and set aside to help the eggplant release some moisture prior to cooking.

#### Dish Directions:

Preheat oven to 350° F.

Remove each slice of eggplant and press between two paper towels to remove any remaining water and wipe off any excess salt. Prepare two wide, shallow bowls: one with breadcrumbs, flour, salt, and pepper; the other with egg and milk. Whisk each well.

Heat a large skillet over medium heat and add 1/4 inch of oil to preheat. When heated, dip both sides of the eggplant slices in the egg-milk bowl, then coat them both thoroughly in the flour-breadcrumb bowl.

Gently lay each coated slice into hot oil and fry until golden brown (usually only 1-2 minutes per side), flipping to fry on both sides. Remove to drain on paper towels while finishing the remaining slices.

Prepare a large 13 x 9-inch (or larger) baking dish by lightly spraying with cooking oil. Pour one-third of the marinara sauce, then layer one-third of the fried eggplant slices. Top eggplant with half of the mozzarella slices. Lay one basil leaf atop each circle of mozzarella then sprinkle with one-third of the Parmesan; repeat layers two more times.

Bake uncovered for 30 minutes, or until hot and bubbly.

Serves 6.