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Eggplant Parmesan

Grapeseed Oils are revered for their very high smoke point (485° F) which makes them perfect for frying; their delicate taste enhances the flavor of foods without overpowering them. Serve this classic Italian dish with your favorite pasta drizzled with Basil Infused Olive Oil.

You Will Need:

- 2 Medium Eggplants
- 2 beaten Eggs
- 1 cup Cornflake Crumbs (or breadcrumbs)
- 8oz package shredded Mozzarella cheese, divided
- 1 jar of your favorite meatless Pasta Sauce
- ½ cup Parmesan cheese, divided
- ½ cup Delavignes Grapeseed Oil
- About 2 Tablespoons Salt (Kosher preferred)

Instructions:

Peel eggplant and slice into ¾ inch thick rounds. Sprinkle the salt on both sides of the eggplant slices and place them in a colander to drain, place a dish to catch the liquid. Let sit for at least 30 minutes; pat them dry with paper towels. (You can skip this step if you are short on time, but it keeps the eggplant from getting too mushy).

Heat half of the Grapeseed Oil on medium-high in an extra large frying pan. Dip both sides of the eggplant slices in the beaten egg and then in the Cornflake crumbs. Fry until browned on each side; transfer them to a plate lined with paper towels to soak up any excess oil. Add more Grapeseed Oil to the pan as needed.

Preheat oven to 350° F. Cover the bottom of a 9"x13" baking pan with about ½ cup of sauce. Add a single layer of fried eggplant, then top with 1/3 of the bag of shredded Mozzarella and grated Parmesan. Repeat this step twice more, using as much sauce as necessary to cover the previous layer. Cover tightly with foil and bake in center of oven until bubbling around the edges, about 45 minutes. Let sit 10 minutes before serving.

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