



ITALY

DINNER

[PRINTABLE RECIPE PDF](#)

Italian Eggplant Parmigiana

Eggplant Parmigiana, or 'Melanzane alla Parmigiana', is a beloved dish originating from Southern Italy, particularly Campania. It showcases the use of eggplant, a

PREP

30 min

COOK

60 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 2 medium eggplants - sliced into 1/4-inch thick rounds
- 1/2 teaspoon salt - for sweating eggplants
- 2 cups tomato sauce - preferably homemade or high-quality canned
- 1 cup mozzarella cheese - fresh, sliced or torn
- 1/2 cup Parmesan cheese - grated
- 1/4 cup fresh basil leaves - torn or whole for layering
- 1/4 cup olive oil - for frying
- 1/2 teaspoon black pepper - freshly ground
- 1/2 teaspoon dried oregano - optional, for additional flavor
- 1 teaspoon sugar - to balance acidity of the tomato sauce (optional)

WHY THIS WORKS

About this recipe

A printable Italian Eggplant Parmigiana recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Eggplant Parmigiana, or 'Melanzane alla Parmigiana', is a beloved dish originating from Southern Italy, particularly Campania. It showcases the use of eggplant, a staple in Mediterranean cuisine, layered with tomato

ORIGIN & TRADITION

Mediterranean context

Eggplant Parmigiana, or 'Melanzane alla Parmigiana', is a beloved dish originating from Southern Italy, particularly Campania. It showcases the use of eggplant, a staple in Mediterranean cuisine, layered with tomato sauce, cheese, and fresh basil, embodying the essence of Italian cooking: simplicity and quality ingredients.

METHOD

Step-by-step instructions

1

Sprinkle the sliced eggplants with salt and let them sit for about 30 minutes to sweat. This removes excess moisture and bitterness.

2

Rinse the eggplant slices under cold water and pat them dry with paper towels.

3

Heat olive oil in a frying pan over medium heat. Fry the eggplant slices in batches until golden brown on both sides, about 3-4 minutes per side. Remove and drain on paper towels.

4

Preheat your oven to 350°F (175°C). In a baking dish, spread a thin layer of tomato sauce on the bottom. Layer half of the fried eggplant, followed by half of the remaining tomato sauce, half of the mozzarella cheese, half of the Parmesan cheese, and some fresh basil. Repeat the layers with the remaining ingredients.

5

Finish with a layer of tomato sauce and a generous sprinkle of Parmesan cheese on top.

6

Bake in the preheated oven for about 30 minutes, or until the cheese is bubbly and golden.

7

Let it rest for 10 minutes before serving to allow the flavors to meld.

CHEF'S TIP

To enhance the flavor, use high-quality, ripe tomatoes for your sauce, and don't skip the resting period before serving; it will improve the texture and taste.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	30 g
Protein	20 g	Fiber	8 g
Carbohydrates	25 g	Sodium	800 mg

SERVING SUGGESTION

Serve warm, garnished with fresh basil leaves and a drizzle of high-quality extra virgin olive oil. Pair it with crusty Italian bread and a side salad for a complete meal.

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