

Eggplant Parmesan

1 large eggplant

1 cup gluten-free breadcrumbs

3T Italian seasoning

3T everything but the bagel seasoning

2 eggs

1/2c milk

olive oil

½ cup fresh basil, chopped

Parmesan

1 box of your favorite gluten-free pasta (we use Barilla)

1. Slice eggplant in 1/2 inch sections
2. Salt each side and place in a colander in the sink
3. Let sit for 45 minutes to 1 hour
4. Wipe (don't rinse) salt off each side
5. Place beaten egg and milk in a large plate (mix together)
6. Place breadcrumbs and spices in another large plate (mix together)
7. Soak eggplant in egg mixture
8. Completely cover in breadcrumb mixture
9. REPEAT STEPS 7&8. Two layers = extra crispy
10. Once you've covered every piece of eggplant, heat oil in a large skillet.
11. Don't brown eggplant until oil is fully heated. You should be able to put the end of a wooden spoon into the oil and immediately see bubbles form around it. Once heated, brown each side of the eggplant for 1-2 minutes on each side.
12. Place the golden browned eggplant on a wire rack, sitting on top of a cookie sheet. This keeps the entire piece crispy. No more mushy eggplant for you!
13. Bake in the oven 15 minutes @ 375 degrees
14. Add cheese and bake 5 more minutes
15. Add another sprinkle of cheese and pop on the broiler. DO NOT WALK AWAY FROM THIS WHILE YOU HAVE IT UNDER THE BROILER. SHE GOES QUICK!
16. Remove from the oven when the cheese is a perfect pile of melty, gooey, golden-brown goodness.