

# Eggplant Parmesan with Alfredo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 3 slices

Ingredients	Quantity	Measure
Eggplant, peeled and sliced into rounds and soaked in saltwater for 15 minutes	30	slices
Unbleached All-Purposed Flour	4	cups
Salt, divided	2	tsp.
Black Pepper, divided	2	tsp.
Non-dairy milk, unsweetened	2	quarts
Panko Breadcrumbs	4	cups
Italian Spice Blend	2	Tbsp.
Pan Spray		As needed
Marinara Sauce, prepared, hot	2	cups
White Bean Alfredo Sauce (see recipe)	2	cups
Basil, Fresh, chopped	¼	cup
Oregano, Fresh, chopped	1	Tbsp.

## Preparation

1. Heat oven to 400 degrees Fahrenheit. Remove the eggplant from the saltwater and pat dry with paper towels. Gather a sheet pan lined with parchment paper.
2. Mix the flour, 1 teaspoon salt and 1 teaspoon black pepper together in a shallow dish large enough to dip the eggplant in.
3. In a second container large enough to dip the eggplant in, pour the non-dairy milk into it.
4. In a third container large enough to dip the eggplant in, combine the panko breadcrumbs, Italian spice blend, remaining salt and black pepper.
5. Dip an eggplant slice in the flour covering both sides, then dip into the non-dairy milk to cover then into the panko mixture to cover both sides completely. Place on the prepared sheet pan. Repeat with the remaining eggplant slices.
6. Using pan spray, lightly spray the top of the eggplant. Flip the eggplant slices and lightly spray the second side. Place in the oven and bake for 10-12 minutes or until golden brown on the first side. Flip the eggplant slices over again and bake until golden brown on second side, another 10-12 minutes.
7. For service, place the marinara sauce down in a 2" hotel pan. Place the eggplant slices on top in a shingle pattern. Pour the white bean alfredo sauce over the top and garnish with fresh basil and oregano.

# Eggplant Parmesan with Alfredo Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

## **Nutrition Information** \*From USDA Nutrient Database

Calories: 422 Total Fat: 4.7g Saturated Fat: 0.5g Monounsaturated Fat: 0.8g Polyunsaturated Fat: 1.9g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 79.5g Fiber: 7.3g Total Sugars: 13.9g Protein: 15.4g Sodium:  
787mg Vitamin A: 4µg Vitamin C: 1.4mg Calcium: 68mg Iron: 4.3mg Folate: 49µg

