



Tips

- I've found that fresh mozzarella cheese really tastes best in the baked eggplant parmesan recipe. You can use the pre-shredded cheese, but give the freshly grated cheese a try - you won't regret it.
- The eggplant skin gives a great texture to this dish, but if you prefer you can peel the eggplant first.
- Don't forget to spray your baking dish well with cooking spray so that cleaning up is a snap.
- If your eggplant slices still look a little wet when you remove them from the oven, pat them dry with paper towels.
- Vegetable oil can be used in place of olive oil, but if you have the olive oil on hand I recommend using it because it gives the eggplant a deep rich flavor.
- Don't cover this with aluminum foil for storing. The acids in the tomato sauce will eat through the aluminum foil and it will cause the casserole to have an off flavor.

Storage

Eggplant parmesan can be stored in the fridge for up to 3 days. Be sure to cover this dish with plastic wrap to keep it tightly sealed while in the fridge.

This dish can be frozen in an airtight container for up to three months. Thaw in the fridge overnight before reheating.

Variations

- I used jarred marinara sauce to save time on this recipe, but you can use your favorite homemade sauce if you prefer.
- Add some fresh basil leaves or your favorite fresh herbs to the marinara sauce for a fresh flavor in this dish.
- You can make a crunchy topping for this casserole by mixing together melted butter and panko breadcrumbs and then sprinkling the breadcrumb mixture on top of the casserole before you bake it. Or, try the crispy fried onions.
- Add additional garlic powder to increase the flavor in this parmesan recipe.
- A teaspoon or so of Italian seasoning is a great way to increase the flavor of this recipe.

FAQs

Can I make it ahead?

Yes! Assemble the casserole up to a day ahead, cover, and refrigerate. Add a few extra minutes to the baking time if it's going into the oven cold.

Why roast the eggplant first?

Roasting removes excess moisture and gives the casserole a richer texture without soggy layers.

How do I know it's done?

The sauce should be bubbling around the edges and the cheese should be melted, lightly browned, and irresistible.