

Eggplant Cheddar Bake

From – *eatingwell.com*

1 large egg
1/2 cup plain dry breadcrumbs
12 - 1/4-inch-thick slices eggplant, (about 1/2 medium eggplant)
6 teaspoons extra-virgin olive oil, divided
8 oz tomato sauce
1/8 teaspoon salt, or to taste
1/4 cup chopped fresh basil
1/3 cup shredded Cheddar cheese, divided

- Preheat oven to 450°F. Coat an 8-inch-square glass baking dish with cooking spray.
- Whisk egg in a shallow dish. Place breadcrumbs in another shallow dish. Dip eggplant slices in the egg and then dredge in the breadcrumbs to coat thoroughly; transfer to a plate.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the eggplant slices and cook until browned on the first side, about 2 minutes.
- Turn the slices, add 1 teaspoon oil and reduce heat to medium; cook until browned on the second side, about 2 minutes.
- Transfer the cooked eggplant to the prepared baking dish.
- Repeat with the remaining oil and eggplant; transfer the cooked slices back to the plate.
- Wipe out the pan; add tomato sauce and salt, and bring to a simmer over medium-high heat, stirring constantly.
- Remove from the heat and stir in basil.
- Pour half the sauce over the eggplant in the baking dish. Sprinkle with half the cheese.
- Layer on the remaining eggplant. Top with the remaining sauce.
- Cover the baking dish with foil. Bake until bubbling, about 10 minutes.
- Remove the foil, sprinkle with the remaining cheese and continue baking until the cheese is melted, 3 to 5 minutes.



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