

SKINNY EGGPLANT PARMIGIANA

(very slightly modified from The Iron You)

3 medium eggplants
2 garlic cloves, peeled (I omitted due to our vampire genes)
1 29 oz / 820 gr can diced tomato
1 cup / 1.8 oz / 50 gr Parmigiano-Reggiano cheese, grated
2 eggs, beaten
2 teaspoons almond milk (my adaptation)
1 medium shallot, chopped
2 tablespoons olive oil, divided
handful of fresh basil leaves, roughly chopped
2 teaspoons fine grain sea salt, divided
black ground pepper to taste

Preheat oven to 400°F (200°C) and place a rack in the middle. Line two baking sheets with parchment paper and lightly grease with some olive oil. Set aside.

Cut each eggplant lengthwise in 1/4 inch slices, liberally sprinkle with salt in one side, and add the slices back together, tightly assembling the eggplant and wrapping with plastic wrap. Leave them over the counter for about 20 minutes. You will notice a darkish liquid forming inside the package. Open the package over the sink, and briefly rinse the slices, drying them with paper towels.

Arrange the eggplant slices on a single layer on the baking sheets. Bake in the oven for 12 to 15 minutes, until the slices begin to turn deep brown on top. Remove the slices to a platter and allow them to cool slightly before proceeding.

In the meantime make the tomato sauce. Heat the olive oil in a large saucepan over medium heat, add shallots and garlic and saute' for 5 minutes, until onion begins to golden. Add diced tomatoes, 1 teaspoon of salt, basil, reduce the heat to low and let simmer for 15 minutes. Turn the heat off and set aside.

Lightly grease with 1 tablespoon of olive oil the bottom and sides of an 8 by 12-inch baking pan. (a brownie pan works perfectly). Beat two eggs with the almond milk and reserve. Cover the bottom of the baking dish with some tomato sauce and arrange eggplant slices on top to form a uniform layer. Cover the eggplant with some tomato sauce, some Parmigiano cheese and top with 2 tablespoons of beaten eggs . Repeat to make 3 layers, making sure to end with a uniform layer of tomato sauce and top with the remaining cheese.

Bake in the oven for about 40 minutes until hot and beginning to brown. Let rest at for 10 minutes before serving.