

# Simple Vegan Eggplant Parm

SERVINGS  
6

PREP TIME  
10 MIN

COOK TIME  
40 MIN

TOTAL TIME  
50 MIN

Indulge in this mouthwatering Italian classic comfort food. You will crave these thinly sliced eggplant coated in a golden breadcrumb crust and smothered in marinara sauce.



**ORGANIZING**  
a Plant Based Life.com

## Ingredients

## Directions

1

- 2 Large Eggplants

### PREPARE EGGPLANT

- Preheat oven to 400°
- Peel eggplant with vegetable peeler. *This step is not absolutely necessary but helps the breadcrumbs stick to the entire eggplant.*
- Cut eggplant into ¼" to ½" slices and set aside.

2

- 1½ C Italian Breadcrumbs
- ¼ Cup Nutritional Yeast
- 2 tsp EACH: Garlic Powder, Dried Oregano, Dried Basil
- Salt & Pepper to Taste

### PREPARE DRY MIXTURE

- Thoroughly combine breadcrumbs and spices in a flat bowl that will accommodate the size of your sliced eggplant.

3

- 1 C Dairy-Free Milk of Choice
- 3 TBSP Cornstarch

### PREPARE WET MIXTURE

- In small bowl, mix these ingredients together until completely incorporated.
- Pour mixture into another flat bowl (that will accommodate the eggplant).

4

### OPTIONAL

- Spritz of Cooking Oil Spray

- Dip sliced eggplant into wet mixture bowl then place into dry mixture bowl. Gently coat all sides with dry mixture.
- Place slices onto large parchment covered cookie sheet.
- Repeat until all slices are coated. Spritz with cooking oil spray if desired.
- Place sheet into oven and cook until slices are fork tender and crispy. This time will vary according to the size of eggplant, but will roughly be between 30-45 minutes. Check often when reaching the end of the time range.

5

- 1 16oz Package Linguine Noodle, *OR Noodle of Choice*
- 1 Jar Favorite Pasta Sauce

### WHILE EGGPLANT IS COOKING PREPARE NOODLES AND SAUCE

- Cook noodles and sauce separately according to package instructions.

- Vegan Mozzarella OR Vegan Parmesan Cheese OR Nutritional Yeast
- Salt & Pepper

### SERVE

Plate noodles, add a sauce layer, top with eggplant and then another layer of sauce. Add vegan cheese as desired, if using v-mozzarella you can heat this entire dish in microwave to melt cheese, or simply top with nutritional yeast. Season with salt & pepper to taste.