



# Eggplant Parmesan

## INGREDIENTS

- 1 Medium Sized Eggplant
- 2 Tblsp Salt
- 1 ½ Quart Cold Water
- 1 cup Parmesan Cheese (Finely Grated)
- 1 Large Egg, beaten
- 1 cup [The Baker's Rack®](#) Original Coating & Breading Mix
- ¼ cup Canola Oil
- ¼ cup Milk or Rice Milk
- Jar of your favorite or commercial Marinara Sauce

## DIRECTIONS

- **Grab** a 10" skillet
- **Slice** eggplant 3/8" thick strips and **place** in salted water for 20 minutes
- **Drain** water well and **place** eggplant strips on paper towels to dry
- **Add** oil to skillet and **heat** to 350 degrees Fahrenheit (medium heat)
- **Combine** Parmesan cheese with [The Baker's Rack®](#) Original Coating & Breading Mix in one bowl
- In another bowl, **beat** together milk and egg
- **Dip** eggplant strips in dry mix, **pat** off excess
- **Dip** strips in egg mix and again in dry mix
- **Add** egg plant strips to heated oil and **cook** until golden brown on both sides
- **Remove** strips from skillet and drain well on paper towels
- **Layer** eggplant with favorite Marinara Sauce and Parmesan Cheese
- **Preheat** oven to 350 degrees Fahrenheit
- **Bake** for 20 minutes. Enjoy!

Recipe compliments of [The Baker's Rack®](#) Gluten-Free Baking and Coating Mixes  
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