



Sam Arena

BAKED EGGPLANT SICILIANO

Remember K.I.S.S. KEEP IT SIMPLE WITH SAM

INGREDIENTS

- 3 MEDIUM EGGPLANTS
- 3 EGGS
- PROGRESSO SEASONED BREAD CRUMBS
- GRATED ROMANO CHEESE
- VEGETABLE OIL
- 1 QUART TOMATO SAUCE (home made preferably)



Peel eggplant and slice 1/4 inch thick

Beat eggs, add salt and pepper. Dip eggplant in eggs then cover both sides with bread crumbs.

Fry in vegetable oil until both sides are light brown. Place fried slices on a paper bag or paper towel to absorb excess oil.

Cover bottom of pan with sauce, layer egg plant ala lasagna, add sauce on each layer and sprinkle each layer with grated romano.

COVER PAN WITH ALUMINUM FOIL AND BAKE @ 350 FOR 30 MINUTES

Buon Appetito !!!!