

Providing compassionate care and hope to people facing cancer

Summer 2025 BW 4 Baked Eggplant Parmigiana

Ingredients

2 large eggplants, around 2 pounds in total
1 medium onion
3 cloves of garlic
4 Tbsp extra virgin olive oil
4 cups tomato purée
1 tsp pepper or to taste
1 cup fresh basil (about 15 basil leaves)
2 cups mozzarella, grated
1 cup Parmesan cheese, grated

Instructions

1. Combine Preheat oven at 400 F.
2. Cut eggplants into 1/3-inch thick slices and baste with olive oil. Grill or roast them on medium-high heat for 3 to 4 minutes, until slightly charred on each side.
3. Meanwhile, prepare the sauce. Mince onion and cook it in olive oil for a few minutes. When it turns golden in color, add tomato purée, salt, and pepper. Simmer on low heat for at least 10 minutes, but the longer the better. Cover the bottom of a 9x9-inch baking pan with a couple tablespoons of tomato sauce.
4. Layer the different components following this order: grilled eggplant slices, tomato sauce, basil leaves, mozzarella and Parmesan cheese. Make about 5 layers.
5. Bake for 15 to 20 minutes, until bubbling and slightly golden.
6. Once ready, let it stand for 10 minutes before serving. If you want, you can garnish with some more basil leaves.

Serving Size: 1 cup, 4 servings

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Nutrition Tip

- Scoop out individual servings of this meal into single serve containers and freeze them for an easy meal to reheat later!
- Add some chicken, whole grain pasta or salad on the side for a larger meal.