

Eggplant Parmigiana

Ingredients

4 large eggplant
2 eggs
1/3 cup water
3 tablespoons flour
1/3 cup seasoned bread crumbs
1/2 cup Parmesan cheese
1 can marinara sauce, 2 lb
1 pound mozzarella cheese, sliced
olive oil, extra virgin

Directions

Pare eggplant and cut in 1/2 inch slices; place in bowl in layers and sprinkle each layer with salt and let stand 30 minutes to drain excess water; dry on paper towels. Mix egg with water and flour. Dip eggplant slices in mixture, drain slightly. Saute a few slices at a time quickly in hot olive oil. Combine seasoned bread crumbs with the Parmesan cheese. In removable liner, layer one-fourth of the eggplant, top with one-fourth of the crumbs, one-fourth of the marinara sauce and one-fourth of the mozzarella cheese. Repeat three times to make four layers of eggplant, crumbs, sauce and mozzarella cheese. Place liner in base. Cover and cook on low 4-5 hours or auto 3 hours.