



# BAKED ZUCCHINI & EGGPLANT PARMESAN

## Ingredients

- 1 large zucchini
- 2 small eggplants
- 2 cups tomato sauce
- 1-2 cups bread crumbs
- 1/2 cup shredded mozzarella (optional)
- ~3 eggs (optional) or 1 tsp oil
- 1 tbsp grated Parmesan cheese (or cheese of choice)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

\*can use dairy free cheese

## Directions

1. Preheat oven to 350 °F & lightly grease 2 pans
2. Wash the vegetables & cut the eggplant & zucchini in centimetre slices
3. In a separate bowl, beat the eggs & then dip each piece in the egg. If vegan, skip this step & just lightly toss in oil
4. In another bowl, mix 1 cup of bread crumbs, Parmesan cheese, salt, pepper & garlic powder
5. Then coat each slice with this mixture
6. Spread the slices out in the greased pans (no overlapping)
7. Bake at 350 °F for 30 minutes
8. Top with the tomato sauce & shredded mozzarella & then bake for ~10 more minutes. Enjoy

## For the Sauce

- Can use the Easy Tomato Sauce recipe from [BreatheBliss.ca](http://BreatheBliss.ca). Make ahead of time & freeze/use as needed



**PREP TIME:** 10 MINUTES **COOK TIME:** 40MINUTES **TOTAL TIME:** 50 MINUTES