



Mama P's  
Recipes



## Mama's Parmigiana di Melanzane

Made with [Mama Patierno's Authentic Organic Italian Seasoning](#)

**M**ama's authentic Italian family favorite Eggplant Parmesan recipe is simply delicious and often has guests asking for second servings. Serves 6. It's a pasta-less low carb treat.

### Ingredients:

- 1 large eggplant
- ½ cup all-purpose flour
- 3 large eggs
- ¼ cup extra virgin olive oil
- 1 cup Italian breadcrumbs
- 1 cup panko breadcrumbs
- 1 cup grated parmesan cheese
- 1 tbs [Mama's Organic Italian Seasoning](#)
- 4 cups [Mama's Italian Tomato Sauce \(see recipe\)](#)



- 2 to 3 cups of shredded mozzarella cheese
- Fresh basil & parsley
- Optional: 3 to 4 large cloves of garlic minced

### How to make

- Slice eggplant ½ inch thick creating enough to fill your baking dish with two layers. You will need at least 12 slices to serve 6. Lay out the eggplant in a baking pan lined with parchment paper and sprinkle sea salt on each slice and let sit for 45 minutes then dry with a paper towel.
- Set the oven to 375 degrees.
- Mix the Panko, Italian breadcrumbs, parmesan, Italian Seasoning together in a bowl.
- Place the flour in a separate bowl.

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## 👉 *How to make - Continued* 👈

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- Whisk 3 eggs together in a small bowl.
- Dip both sides of the eggplant slice in the flour, then the egg and then the breadcrumb and seasoning mixture and place on parchment lined baking sheet. Top each slice with a tiny bit of extra virgin olive oil. Bake for 15 minutes, flip and then bake for an additional 15 minutes or to desired crispiness.
- Add a base layer of Mama's Tomato Sauce to baking dish and place ½ of the eggplant slices on top of the sauce.
- Add another layer of Mama's Tomato Sauce and top each slice with shredded mozzarella and sprinkle parmesan and Mama's Italian Seasoning on top. If you are a garlic lover add some minced garlic only on top of this layer.
- Add another layer of Mama's Tomato Sauce and remaining eggplant slices and top with shredded mozzarella and parmesan.
- Bake for 20 minutes, add parsley and basil on each slice and bake for additional 10 minutes.
- Remove from oven and let sit for 5 minutes before serving.



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## 👉 *Optional* 👈

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Add a few shakes of fine crushed red pepper or cayenne pepper on the first layer if you like it kicked up!