



## Vegan Eggplant “Parmesan”

READY IN



55 min.

SERVINGS



4

### Directions

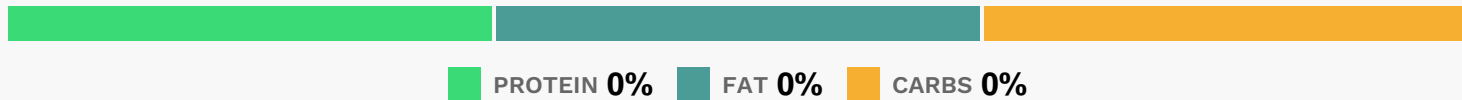
- Add the garlic and sauté for one more minute.
- Place all ingredients in a blender and blend until completely smooth. Blend again right before using to make sure that the ingredients haven't separated. Rinse the eggplant slices and pat them dry with paper towels. Spray a baking sheet lightly with olive oil and place the slices on it (you may have to do this in two batches). Spray the tops lightly and place under the broiler. Watch carefully, and remove when the slices start to brown, about 3 minutes. Assemble the casserole: Preheat the oven to 35
- Spray or wipe an 8×8-inch non-metal baking dish with a small bit of olive oil.
- Place half of the eggplant slices on the bottom of the dish, edges overlapping.
- Sprinkle with half the breadcrumbs. Spoon half the tomato sauce and pour half the cheese sauce over the breadcrumbs and sprinkle lightly with soy parmesan. Repeat the process with

the remaining ingredients (reserving some bread crumbs for on top, as mentioned above).

Bake uncovered for about 20 minutes, until slightly browned on top.

Sprinkle with fresh basil just before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

## Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)