

# Herbal Legacy Recipes

## Eliza's Eggplant Parmesan

Our five year old daughter begs me to make this every week. I hope your kids will like it, too. This is a great transitional meal.



### INGREDIENTS:

- 1 Medium Eggplant peeled, and cut into ¼ inch slices
- Cooking spray or canola oil (if you use canola oil, you will need a pastry brush)
- 1/2 cup Nutritional Yeast Flakes
- 1/3 cup wheat germ
- ¼ t. Italian Seasonings
- 1 T. Extra Virgin Olive Oil
- 1 – 1 ½ C. marinara sauce
- 1 ½ C. shredded non-dairy mozzarella cheese or non-dairy cheese sauce

### DIRECTIONS:

1. Warm marinara sauce slowly over medium-low heat, be careful not to overcook, stir occasionally, until heated through.
2. Set oven to broil. Spray or brush both sides of each eggplant slice with cooking spray. Place on rack in broiler pan. Broil with tops 4 – 5 inches from the heat about 10 minutes, turning once, just until tender.
3. While eggplant is broiling, mix yeast flakes and wheat germ; toss with olive oil.
4. Sprinkle 1 cup of the non-dairy mozzarella cheese over the eggplant slices. Wheat germ and yeast flake mixture over cheese. Broil about 1 minute or until cheese is melted and the crumbs just barely begin to \*brown.
5. Top eggplant with marinara sauce and remaining cheese.

\*It is **crucial** that you **keep an eye** on the topping while it broils, if you let it go too long it will burn and you will lose all the nutritional value in the yeast flakes.

Serve with lightly steamed broccoli and a big salad. Delicious!

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