

THE OLYMPIA KITCHEN



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Recipe: **Baked Eggplant Parmesan Casserole**

By Shannon Beigert

The following recipe makes one large fruitcake (traditionally in a tube pan) or three small loaves. Preheat the oven to 275 (low) and prepare the pan(s) with greased wax paper.

Ingredients

2 fresh eggplants	2 jars of commercially prepared tomato marinara sauce	2 packages of shredded mozzarella cheese
15 saltine crackers	Oil:	1 medium onion
1 cup of dry, grated Parmesan cheese divided	1/2 cup of vegetable oil, plus	1 orange or yellow bell pepper
8 Tablespoons of Italian Seasoning	2 tablespoons (I like to use peanut oil for frying)	1 red bell pepper
	6 eggs	1 carton of cottage cheese

Directions

Preheat the oven to 350 degrees.

Spoon a thin layer of the marinara sauce into the bottom of a baking pan, creating a layer of red sauce.

Use a food processor with an S-blade to crush the saltine crackers. Add 1/4 cup of Parmesan cheese and 4 Tablespoons of Italian seasoning spice to the crushed crackers and process all of these together for 20 seconds.

Move the cracker crumb mixture to a pie plate.

Beat 4 eggs together and place these into a shallow dish near the cracker crumb mixture.

Meanwhile dice the onion and peppers and sauté on the stovetop in 2 Tablespoons of oil on medium heat until the onion is soft and translucent.

Heat the one-half cup of oil in a large frying pan. Peel the eggplants and slice horizontally into 1/4 inch slices. Take each slice of eggplant and dip into the beaten egg and then dredge into the cracker crumb mixture. As you get several slices coated, making sure the oil is thoroughly heated, fry the eggplant slices. As they brown, turn each slice. Once a slice is golden brown and softens, move it onto a layer of paper towels. Continue this process until each eggplant slice is fried.

Take the package of cottage cheese, mix it with two remaining eggs, Parmesan cheese and Italian seasoning.

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Layer the baking dish with a layer of fried eggplant

Place a layer of the onion and pepper mixture over the eggplant layer. Add a layer of marinara sauce.

Add a layer of fried eggplant.

Add a layer of the cottage cheese mixture.

Add a layer of eggplant.

Add a layer of mozzarella cheese.

Add a layer of marinara sauce.

Add a layer of fried eggplant.

Cover with mozzarella cheese.

Finish with a final layer of any remaining fried eggplant.

Pour a final layer of marinara.

Bake for 45 minutes until one hour.

Enjoy!

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