



BIG B GROCERY

**YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"**

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

INGREDIENTS

3 eggplant, peeled and thinly sliced

- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups spaghetti sauce, divided
- 1 (16 ounce) package mozzarella cheese, shredded and divided
- 1/2 cup grated Parmesan cheese, divided
- 1/2 teaspoon dried basil

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake in preheated oven for 35 minutes, or until golden brown.

BIG B FAVOURITE WAY OF COOKING

INGREDIENTS

Olive oil cooking spray

2 eggs

1 tablespoon water

1 cup breadcrumbs

1 large eggplant, peeled and cut into 1/4-inch thick slices

2/3 cup olive oil plus 1 1/2 tablespoons olive oil, divided
Salt, to taste
6 ounces mushrooms (cremini, Portobello, white, etc.), sliced
1 (26-ounce) jar marinara sauce, divided
15 ounces part skim ricotta cheese, divided
2 cups fresh mozzarella cheese, thinly sliced and divided
1 1/2 cups Parmigianino Reggiano or Grana Padano cheese, grated and divided

DIRECTIONS

Preheat the oven to 400°F. Lightly spray a baking sheet with olive oil cooking spray or brush with olive oil. Beat eggs with water in shallow bowl. Place breadcrumbs on small plate.

Dredge eggplant slices in egg wash first, then in breadcrumbs. Lay eggplant in single layer on baking sheet (slightly overlapping is fine). Drizzle eggplant with 1/3 cup of olive oil and sprinkle with salt.

Bake eggplant about 20 minutes until crisp and golden. Remove from oven and flip eggplant slices. Lightly salt and drizzle with 1/3 cup olive oil. Bake approximately 20 minutes more or until golden. Set aside.

Reduce oven temperature to 350°F. While cooking eggplant, heat large skillet with 1 1/2 tablespoons olive oil over medium heat. Sauté mushrooms about 4 minutes. Turn off heat and combine mushrooms with marinara.

Lightly spray a casserole dish with olive oil cooking spray or brush with olive oil. Cover bottom of dish with 1/2 the marinara. Add a layer of 1/2 the eggplant slices. Drop 1/2 the ricotta by spoonfuls and add a layer of 1/2 the mozzarella. Then sprinkle 1/2 Parmigianino-Reggiano. Repeat layering process again with other half of sauce then rest of Parmigianino-Reggiano. Bake approximately 45 minutes.

Nutrition

Per serving (314g-wt.): 520 calories (330 from fat), 36g total fat, 12g saturated fat, 25g protein, 25g total carbohydrate (5g dietary fiber, 8g sugar), 100mg cholesterol, 900mg sodium