



Low-Carb Eggplant Parmesan Bake with Mozzarella & Basil Pesto



1h



2 Servings

Is there anything more satisfying than slicing into an eggplant Parmesan to reveal all those layers of tasty goodness? Only eating it, of course! We're talking eggplant, then red sauce, then mozzarella times three, topped off with a sprinkle of Parmesan. We also threw in some basil pesto, because why not? We've got you covered!

WHAT WE SEND

- 1 eggplant
- 3¼ oz mozzarella ¹
- 14½ oz can whole peeled tomatoes
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- 2 oz basil pesto ¹
- ¾ oz Parmesan ¹

WHAT YOU NEED

- olive oil
- sugar
- kosher salt & ground pepper

TOOLS

- medium (1½–2 qt) baking dish
- microplane or grater
- large nonstick skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 450kcal, Fat 30g, Carbs 33g, Protein 22g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Lightly **oil** a medium (1½–2 qt) baking dish.

Cut **eggplant** crosswise into ½-inch thick rounds. Tear or cut **mozzarella** into ¾-inch pieces. Finely grate **Parmesan**, if necessary.



2. Prep eggplant & sauce

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Working in batches if necessary, cook **eggplant** until browned and softened, 3–4 minutes per side (add more oil as you go, if needed).

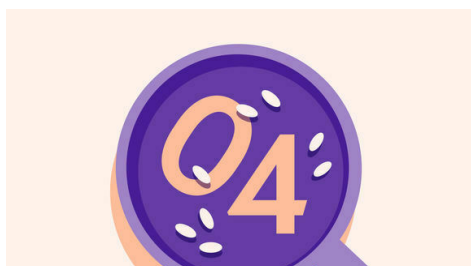
In a medium bowl, whisk together **tomatoes**, **1 teaspoon Italian seasoning**, **½ teaspoon granulated garlic**, **¾ teaspoon each of sugar and salt**, and **a few cracks of pepper**.



3. Assemble & bake

Add **⅓ of the eggplant** to prepared baking dish in an even layer. Top with **⅓ of the sauce and mozzarella**. Repeat layers two more times with **remaining eggplant, sauce, and mozzarella**. Sprinkle with **half of the Parmesan**.

Bake on center oven rack until eggplant is very tender and sauce is bubbling, 30–40 minutes.



4. Serve

Serve **eggplant Parmesan bake** with **pesto** dolloped over top and sprinkled with **remaining Parmesan**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!