Eggplant Parmesan with Italian Sausage

Recip -	e group				Additional name	Diet factors Portions Portions 25 13.4
	Capacity measure	EP ⁻	Trim loss	AP	Name of ingredient	Methods
1		6 lb 4.00 oz	0%	6 lb 4.00 oz	Eggplant, raw	PREPARE THE EGGPLANT
	6 1/4 tbsp	0 lb 1.84 oz	0%	0 lb 1.84 oz	Salt, kosher, Diamond Crystal	Slice the eggplants crosswise into ¼" thick rounds. Toss with the first amount of salt and place on a baking sheet lined with a few layers of papt towel. Cover with a few more layers of paper towel and allow to sit for 30 minutes.
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						After 30 minutes, give the eggplant a firm press, remove the damp paper towels, and dab each eggplant round with a dry paper towel, simultaneously wiping off excess salt and moisture. Lay eggplant on a w rack to dry completely.
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						Preheat the oven to 425°F. Place 2 large baking sheets into the oven to warm while you prepare the breading station.
	Capacity measure			AP Name of ingredient		Methods
4	3 1/8 qt	3 lb 4.91 oz	0%	3 lb 4.91 oz	Bread crumbs, dry, grated, unseasoned	Place the breadcrumbs in a food processor along with the salt, pepper, Italian seasoning, and the first amount of parmesan cheese. Pulse until
	~ 1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, kosher, Diamond Crystal	everything is a uniform, fine consistency. Transfer to a bowl.
	~ 1 5/8 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Spices, pepper, black	
	~ 3 1/4 tbsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Seasoning, Italian	
	~ 1 1/2 pt	0 lb 10.94 oz	0%	0 lb 10.94 oz	Vegan parmesan, dry, grated	

	Capacity measure			Name of ingredient	Methods				
5	~ 1 1/2 pt	0 lb 14.33 oz 0%	o lb 14.33 oz	Wheat flour, white, all-purpose, enriched	Measure the flour into a large ziplock bag and the plant-based milk into a bowl. Place half of the eggplant into the ziplock bag and shake to coat with				
	~ 1 1/2 pt	1 lb 10.79 oz 0%	5 1 lb 10.79 oz	Soymilk (all flavors), unsweetened, with added cal	flour. Remove the slices one at a time. With each slice, shake off the exce flour, submerge completely in the milk, and press firmly into the breadcrun				
				Plain, unsweetened	mixture to coat both sides. Set breaded eggplant rounds on parchment paper and repeat with the rest of the eggplant.				
	Capacity measure	EP Trim los	s AP	Name of ingredient	Methods				
6	18 3/4 tbsp	0 lb 9.01 oz 0%	o lb 9.01 oz	Vegetable oil	Carefully remove the hot baking sheets from the oven and drizzle half of the vegetable oil onto each sheet. Swirl to coat the entire surface of each pan.				
	Capacity measure	EP Trim los	s AP	Name of ingredient	Methods				
7					Place eggplant rounds evenly onto the hot, oiled baking sheets, return to the oven, and bake for 30 minutes, flipping halfway through.				
	Capacity measure	EP Trim los	s AP	Name of ingredient	Methods				
8		EP Trim los 4 lb 11.00 oz 09		Name of ingredient Hungry Planet Italian Sausage™	Methods COOK THE ITALIAN SAUSAGE				
8			4 lb 11.00 oz	-					
8	measure	4 lb 11.00 oz 0%	4 lb 11.00 oz	Hungry Planet Italian Sausage™ Sauce, pasta, spaghetti/marinara,	COOK THE ITALIAN SAUSAGE Warm a small amount of oil in a large nonstick skillet over medium-high				
8	measure	4 lb 11.00 oz 0%	 4 lb 11.00 oz 6 lb 14.23 oz 	Hungry Planet Italian Sausage™ Sauce, pasta, spaghetti/marinara,	COOK THE ITALIAN SAUSAGE Warm a small amount of oil in a large nonstick skillet over medium-high heat. Add the Hungry Planet Italian Sausage and cook, breaking into small chunks with a spatula, until browned (3-5 minutes). Add the marinara sauce				
8	a 1/8 qt Capacity	4 lb 11.00 oz 09 6 lb 14.23 oz 09	 4 lb 11.00 oz 6 lb 14.23 oz AP 	Hungry Planet Italian Sausage™ Sauce, pasta, spaghetti/marinara, ready-to-serve	COOK THE ITALIAN SAUSAGE Warm a small amount of oil in a large nonstick skillet over medium-high heat. Add the Hungry Planet Italian Sausage and cook, breaking into small chunks with a spatula, until browned (3-5 minutes). Add the marinara sauce and stir to combine. Taste and season with salt and pepper. Set aside.				

	Capacity measure	EP	Trim loss	AP	Name of ingredient		Methods			
10	~ 1 1/2 cup	0 lb 5.47 oz	0%	0 lb 5.47 oz	Vegan parmesan, o	dry, grated		Italian sausage, the	e time (the second ha en cheese). Sprinkle t	•••
	Capacity measure	EP	Trim loss	AP	Name of ingredient		Methods			
11	~ 1 1/2 cup	0 lb 2.31 oz 0%		0 lb 2.31 oz Basil, fresh, chopped		ed	Bake for around 15 minutes, or until the sauce is bubbling melted. Cool slightly, then garnish with the torn basil. Slice			
WEIG	GHTS									
					Raw	Cooking loss	Cooked	Loss when served	Final	
Total weight Size of portion					27 lb 14.93 oz 17.88 oz	25 %	20 lb 15.20 oz 13.41 oz	0 %	20 lb 15.20 oz 13.41 oz	
NUTF		ORMATION								
supply	/ 100 g									
Energy n	autritiv oo				% of energy	Calories	Minerals	0.45 ~		
Total fa				8.32 g		201.46 kcal		2.15 g 2.15 %	Vitamins	
Satura				2.65 g	•	842.91 kJ		864.50 mg		13.90 µg
Monounsaturated			2.03		0.84 MJ		53.90 mg		0.10 µg	
Polyunsaturated				1.47 g	•		Potassium	349.70 mg		0.22 mg
Trans				0.01 g	•		Iron	2.13 mg	Riboflavin	0.14 mg
Choles	sterol			0.82 mg]		Calcium	170.07 mg		2.73 mg
Linoler	nic acid			1.07 g]		Zinc	0.38 mg	Vitamin B6	0.11 mg
Alpha-	linolenic acid			272.66 mg)		Magnesium	20.09 mg	Vitamin B12	0.14 µg
Total C	Carbohydrate			23.99 g	48.38 %		lodine	0.00 µg	Folate	20.95 µg
Sugars	s			3.62 g	-0.43 %		Selenium	5.90 µg	Vitamin C	1.86 mg
Sugar				0.00 g]		Copper	0.10 mg	Vitamin E	1.40 mg
Lactos	se			0.00 g]				Vitamin K	17.73 µg
Fiber				3.78 g						
-	ic acids			0.00 g	0.00 %					
Sugar	alcohol			0.00 g	•				Others	
Starch				8.67 g					Water	49.53 g
Proteir				7.48 ç						
Alcoho	l			0.00 g	0.00 %					