

# Eggplant Parmesan with Italian Sausage

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.41 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	6 lb 4.00 oz		0%	6 lb 4.00 oz	Eggplant, raw	<b>PREPARE THE EGGPLANT</b> Slice the eggplants crosswise into 1/4" thick rounds. Toss with the first amount of salt and place on a baking sheet lined with a few layers of paper towel. Cover with a few more layers of paper towel and allow to sit for 30 minutes.
	6 1/4 tbsp	0 lb 1.84 oz	0%	0 lb 1.84 oz	Salt, kosher, Diamond Crystal	
<b>2</b>	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
						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 wire rack to dry completely.
<b>3</b>	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
						Preheat the oven to 425°F. Place 2 large baking sheets into the oven to warm while you prepare the breading station.
<b>4</b>	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
	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 everything is a uniform, fine consistency. Transfer to a bowl.
	~ 1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, kosher, Diamond Crystal	
	~ 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		

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5	~ 1 1/2 pt	0 lb 14.33 oz	0%	0 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 flour. Remove the slices one at a time. With each slice, shake off the excess flour, submerge completely in the milk, and press firmly into the breadcrumb mixture to coat both sides. Set breaded eggplant rounds on parchment paper and repeat with the rest of the eggplant.
	~ 1 1/2 pt	1 lb 10.79 oz	0%	1 lb 10.79 oz	Soy milk (all flavors), unsweetened, with added cal <i>Plain, unsweetened</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	18 3/4 tbsp	0 lb 9.01 oz	0%	0 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 loss	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 loss	AP	Name of ingredient	Methods
8		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Italian Sausage™	<b>COOK THE ITALIAN SAUSAGE</b> 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.
		3 1/8 qt	6 lb 14.23 oz	0%	6 lb 14.23 oz	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
9	2 1/3 qt	2 lb 5.50 oz	0%	2 lb 5.50 oz	Vegan mozzarella cheese, shredded	<b>ASSEMBLY</b> In the base of a 9"x13" metal or glass pan, evenly ladle one-third of the sauce/sausage mixture. Lay half of the eggplant slices on top, overlapping slightly to create a complete layer. Evenly distribute another third of the sauce/sausage mixture over the eggplant. Sprinkle half of the mozzarella cheese over the sauce.

