Lighter Eggplant Parmesan

Eggplant

2 pounds eggplant, slices 1/4" thick

8 slices white bread, torn into quarters

1 cup parmesan cheese, grated

1 cup flour

4 eggs

6 Tablespoons oil

Sauce

14.5 ounce can diced tomatoes

2 Tablespoons olive oil

4 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/4 cup chopped fresh basil

salt and pepper

2 cups mozzarella cheese, shredded

Sprinkle 1 1/2 t. salt over eggplant.

Drain in colander 30-45 minutes.

Pat dry and place on paper towel lined baking sheets.

Pulse bread in food processor until crumbly.

Transfer to a dish.  Add parmesan and 1/2 t. pepper.

Combine 1 c. flour and 1 t. pepper in ziploc bag.

Beat eggs in a shallow bowl.

Shake eggplant slices in bag with flour.

Shake off excess flour.   Dip in eggs.

Press eggplant slices into bread crumb mixture.

Set breaded eggplant on a rack in a baking sheet.

Preheat 2 empty baking sheets in a 425 oven.

Add 3 T. oil to each sheet.

Arrange half of eggplant on each baking sheet.

Bake 30 minutes.

Flip and bake another 20 minutes.

Process 2 cans of tomatoes in food processor until smooth.

Heat oil, garlic and pepper flakes in a saucepan for 3 minutes.

Stir in process tomatoes and remaining can of tomatoes.

Bring to a boil.

Reduce heat and simmer 15 minutes.  Stir in basil.

Spread 1 c. sauce in bottom of a 9x13" pan.

Layer in half of eggplant slices.

Spread 1 c. sauce over eggplant.

Sprinkle with 1 c. mozzarella.

Layer with remaining eggplant.

Top with 1 c. sauce.

Sprinkle with parmesan and mozzarella.

Bake 15 minutes at 425.