

Eggplant, Zucchini, Chicken Parmigiana

Ingredients

- Extra virgin olive oil
- Salt
- Pepper
- Crushed red pepper flakes as desired
- 1 lb chicken tenders or boneless chicken breasts pounded thin
- 1 medium eggplant
- 1-2 zucchini (optional to use both eggplant and zucchini)
- ~2 cups marinara sauce (homemade or jarred with no added sugar)
- ~2 cups shredded mozzarella cheese
- Shredded or grated Pecorino Romano or Parmesan cheese

Directions

1. Preheat oven to 425 degrees F.
2. Peel and slice eggplant into ½” thick disks.
 - a. I have also made this by cutting the eggplant length wise
 - b. If you want some additional antioxidant support, don't peel the eggplant. The skin may have some brain cell protective properties, according to some animal studies.
2. If using zucchini, slice lengthwise about ¼” thick strips.
3. Spread slices out onto baking pan; sprinkle with salt and let “sweat” for about 10-15 minutes.
4. Pat eggplant/zucchini dry with paper towels.
5. Brush with olive oil.
6. Bake in 425 oven till a little brown. You want the slices to be cooked but not crispy (though crispy is ok too!) ~15 minutes.
7. Remove from oven.
8. In the meantime, drizzle olive oil onto chicken and add salt/pepper/herbs as desired.
9. Cook chicken in frying pan on top of stove till just done; do not over cook!
10. **Begin assembling:**
11. Spoon tomato sauce in bottom of 13x9 pan to cover.
12. Layer eggplant and top with cooked chicken pieces.
13. Spoon tomato sauce on top; sprinkle with some shredded mozzarella.
14. Place another layer of eggplant on top; cover with more sauce and cheese.
15. Bake till bubbly and cheese is melted.

Mary-Beth says: *“Do not be intimidated by the number of steps to this recipe. It is a bit time consuming but so worth it. A very nutritious, comfort food type meal; and leftovers that make anyone looking the refrigerator quite happy!”*