



Stuffed Eggplant Parmesan

Makes 4 servings. Published in [recipes.com](https://www.recipes.com).

Ingredients

2 (10-oz.) eggplants
2 tablespoons canola oil, divided
1 cup chopped Vidalia sweet onion
1 tablespoon chopped fresh thyme
1 tablespoon minced garlic
1 teaspoon kosher salt
1 small tomato, chopped (about 1 cup)
2 large eggs, lightly beaten
½ cup chopped fresh basil
2 ounces mozzarella cheese, shredded
(about ¾ cup)
¾ cup Italian-seasoned panko
(Japanese-style breadcrumbs), divided
1½ cups jarred pasta sauce, divided
2 ounces fresh mozzarella cheese, torn into small
pieces (about ½ cup)
1½ ounces Parmesan cheese, shredded
(about ½ cup)
Small fresh basil leaves, for topping

Nutritional info

Calories:	390
Total Fat:	21g
Cholesterol:	116mg
Sodium:	1395mg
Protein:	20g
Carbohydrates:	33g
Vitamin D:	9mcg

Directions

1. Preheat oven to 350°F. Partially peel eggplants in 1-inch strips, using a vegetable peeler. Cut eggplants in half lengthwise. Score eggplant pulp in a crosshatch pattern. (Do not cut through the skin. This will make it easier to remove pulp after it is baked.) Brush eggplants with 1 tablespoon of the canola oil, and place in a 13- x 9-inch baking dish. Bake in preheated oven 40 minutes. Remove pulp from eggplants, using a serrated tomato corer or melon baller, leaving a 1/2-inch shell intact. Set shells aside. Coarsely chop pulp, and place in a medium bowl.
2. Heat remaining 1 tablespoon oil in a small skillet over medium-high. Add onion to skillet; cook, stirring occasionally, until tender, 5 to 6 minutes. Add thyme, garlic, and salt to skillet; cook, stirring constantly, 1 minute.
3. Add onion mixture and chopped tomato to eggplant pulp. Add eggs, basil, shredded mozzarella, and 1/2 cup of the breadcrumbs; toss to coat. Coat a 13- x 9-inch baking dish with cooking spray. Spread 1/2 cup of the pasta sauce in bottom of dish. Place eggplant shells in dish. Divide tomato mixture evenly among eggplant shells. Top with remaining 1 cup pasta sauce and 1/4 cup breadcrumbs. Sprinkle with torn mozzarella and Parmesan.
4. Bake eggplants in preheated oven until cheese is melted and top is browned, 35 to 40 minutes. Top eggplants with basil leaves.