

# VEGAN EGGPLANT “PARMESAN”



## INGREDIENTS

1 large eggplant, sliced 1/4 inch thick  
2 pieces of whole grain bread, toasted and made into breadcrumbs  
2-3 tbsp. soy parmesan (or 2 tbsp. ground almonds mixed with 1 tbsp. nutritional yeast)  
fresh basil leaves, chopped or torn  
olive oil spray

### *Tomato Sauce:*

1 medium onion, chopped  
3 cloves garlic, minced or pressed  
1 16-ounce can diced tomatoes  
1 tsp. oregano  
1/2 tsp. basil  
1/2 cup vegetable broth  
2 tbsp. tomato paste  
salt and pepper to taste

### *“Cheese” Sauce:*

1/2 cup extra-firm silken tofu  
1/2 cup unsweetened soy milk  
1/2 cup vegetable broth  
2 tbsp. cashew butter or tahini  
1 tsp. onion powder

1 1/2 tbsp. nutritional yeast  
1/2 tsp. salt (optional)  
1/8 tsp. white pepper  
2 tsp. corn starch

## INSTRUCTIONS

Salt the eggplant slices and put them in a colander to drain.

Prepare the tomato sauce by sautéing the onion in a non-stick saucepan until it becomes translucent (you may use a little water if you like). Add the garlic and sauté for one more minute. Add the remaining tomato sauce ingredients, and cook for 15-20 minutes.

Prepare the cheese sauce: Place all ingredients in a blender and blend until completely smooth. Blend again right before using to make sure that the ingredients haven't separated.

Rinse the eggplant slices and pat them dry with paper towels. Line a baking sheet with parchment paper and place the slices on it (you may have to do this in two batches). Place under the broiler. Watch carefully, and remove when the slices start to brown, about 3 minutes.

Assemble the casserole: Preheat the oven to 350. Spray or wipe an 8×8-inch non-metal baking dish with a small bit of olive oil. Place half of the eggplant slices on the bottom of the dish, edges overlapping. Sprinkle with half the breadcrumbs. Spoon half the tomato sauce and pour half the cheese sauce over the breadcrumbs and sprinkle lightly with soy parmesan. Repeat the process with the remaining ingredients (reserving some bread crumbs for on top, as mentioned above). Bake uncovered for about 20 minutes, until slightly browned on top. Sprinkle with fresh basil just before serving.

Preparation time: 25 minute(s) | Cooking time: 30 minute(s)