

YIELD: 4-6 SERVINGS

Best-Ever Vegan Eggplant Parmesan

This vegan eggplant parmesan recipe is so healthy and delicious! It is light and tasty while being indulgent at the same time. Simple and wholesome ingredients that make for the perfect Italian dinner. The vegan mozzarella sauce and breadcrumbs really elevate this dish.

PREP TIME	COOK TIME	TOTAL TIME
30 minutes	20 minutes	50 minutes

1 1/2 hours

Ingredients

Eggplant Parmesan Ingredients

- 3 Medium eggplant, sliced 1/4 inch
- 1 tablespoon olive oil
- 1 26 ounce jar tomato sauce
- 1 cup panko breadcrumbs
- Fresh basil for topping

Vegan Mozzarella Sauce

- 1 1/2 cups raw cashews
- 1 cup water
- 2 tablespoons lemon juice
- 1.5 teaspoons sea salt
- 1 garlic clove
- 1 teaspoon onion powder
- 2 tablespoons cornstarch or arrowroot

Instructions



Preheat your oven to the broil setting and use a silicone liner or grease 2 large cookie sheets.

Salt your eggplant slices and let them "sweat" in a colander for 30 minutes. If you don't have 30 minutes, at least let them sweat for 10 minutes.

Wipe the eggplant with a paper towel or cloth and arrange them on the baking sheets. Brush with a little bit of oil and broil for 4-6 minutes or until browned on top. Make sure to check after 3 minutes so your eggplant isn't burned. *1100° For 12 min. Bake*

Meanwhile, make the cashew mozzarella by combining water and cashews and blend on high until very smooth. Add in lemon juice, garlic clove, onion powder, and cornstarch and blend until combined. Reserve for later.

Lower your oven temperature to 350F and pour a thin layer of tomato sauce into a 9x13 inch pan.

Arrange half the broiled eggplant on the bottom of the dish in layers. Sprinkle with half the breadcrumbs and then layer tomato sauce and half the mozzarella sauce.

Repeat the layers. The final layer should be the sauce, then mozzarella puree, and finally the remaining breadcrumbs. Feel free to add more breadcrumbs to taste.

Bake uncovered for 20 minutes or until the breadcrumbs are golden brown. Top with fresh basil and serve!

