



## A Trip to Italy

### Eggplant Parmesan with Antipasti



#### RECIPES:

##### Antipasti

- 3 hearts of romaine, washed and roughly chopped
- 1 ½ cups of cherry tomatoes, cut in half
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- Fresh ground pepper
- 1 15 ounce can garbanzo beans, rinsed
- 1 cup marinated artichokes, roughly chopped
- 1 cup pepperoncinis
- 10 ounces mozzarella cheese, cut into ½ inch cubes
- 1 cup salami, cut into ½ inch cubes
- 1 cup spicy salami, cut into ½ inch cubes

##### Dressing

- 1 small shallot, finely chopped
- 1 garlic clove minced

½ cup balsamic vinegar  
3 tablespoons red wine vinegar  
1 teaspoons Splenda or 1 ½ tablespoons sugar  
1 teaspoon dried oregano  
1 teaspoon fresh lemon juice  
¼ cup olive oil  
Kosher salt and fresh ground pepper to taste

**Directions:**

1. In a small bowl, mix cherry tomatoes, olive oil, dried oregano, salt and pepper to taste and set aside.
2. In a large salad bowl or platter, bunch groups of the antipasti around the out part of the bowl. Salami, cheese, tomatoes, beans, artichokes, spicy salami.
3. Add the chopped romaine to the center of bowl or platter and top with sliced pepperoncinis.
4. Garnish with freshly grated parmesan.

For the dressing:

1. Saute the shallots on medium in a small pan on medium for 2 minutes. Add the minced garlic and saute for another minute. Remove from heat and let cool.
2. In a jar or container that has a lid, combine vinegars, sweetener, oregano and lemon juice. Add the shallots and garlic when cool.
3. Add salt and pepper to taste and then shake the contents well. Pour over antipasti or serve on the side. Garnish with freshly grated parmesan.

**Eggplant Parmesan**

2 Italian eggplants, sliced into ¼ inch rounds  
½ cup flour  
3 eggs, beaten  
3 cups panko breadcrumbs  
1 cup grated parmesan  
2 tablespoons fresh finely chopped parsley  
1 teaspoon dried oregano  
1 teaspoon garlic powder

1 teaspoon kosher salt  
½ teaspoon freshly ground pepper  
¼ cup olive oil  
¼ cup vegetable oil  
5 cups marinara sauce  
2 cups low-moisture shredded mozzarella  
10 slices fresh mozzarella, about ½ cm thickness  
½ cup freshly grated parmesan

**Directions:**

1. Place the sliced eggplant on a paper towel lined baking sheet and sprinkle both sides with salt. Let rest for 15 minutes.
2. While eggplant is resting, get your dredging station ready. 1 plate with flour, 1 small bowl for beaten eggs and 1 plate for panko mixture.
3. Mix panko, parmesan, parsley, oregano, garlic powder, salt and pepper on a plate.
4. Using paper towels, pat excess water for the eggplant.
5. In a large frying pan, heat olive oil and vegetable oil over medium heat. Heat oven at 350 degrees.
6. Dredge the eggplant in the flour, then egg and then panko mixture making sure to press panko into each piece. Reserve the leftover panko mixture.
7. Add eggplant to the hot oil and cook eggplant on both sides until golden brown, about 3-4 minutes each side. Place eggplant on a paper towel lined baking sheet.
8. To assemble, add 1 cup of marinara sauce to the bottom of a 9x13 or 2 ½ quart casserole dish. Top with half of the sauce, the shredded mozzarella and then ½ of the freshly grated parmesan.
9. Repeat the next layer ending with the fresh mozzarella and sprinkle with the reserved panko mixture.
10. Bake in the oven at 350 degrees for 30 minutes, until the cheese is bubbling and golden. Let cool for 10 minutes and garnish with torn basil.

Notes: Feel free to substitute your favorite cheeses, meats and breadcrumbs and oils.