



EGGPLANT PARMESAN WITH TOMATO RISOTTO

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 960/SERVING



Instead of the usual casserole presentation, our eggplant parmesan is made into little stacks that are perfect for individual servings. Filled with a creamy tofu ricotta and served alongside a super simple version of tomato risotto.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Medium pot
- Baking dish
- Oil
- Salt
- Pepper



WHAT'S INSIDE 2 servings 4 servings

Eggplant	1	2
Breadcrumbs	1/4 cup	1/2 cup
Tomato sauce	2 cups	4 cups
Tofu Ricotta	1 cup	2 cups
Vegan parmesan	2 tbsp	4 tbsp
Brown rice	1 cup	2 cups

Nutrition Facts		Valeur nutritive	
Per Serving (922 g)			
pour 1 (922 g)			
Calories 960		% Daily Value*	
Fat / Lipides 34 g		% valeur quotidienne*	45 %
Saturated / saturés 5 g			25 %
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 140 g			
Fibre / Fibres 22 g			79 %
Sugars / Sucres 33 g			33 %
Protein / Protéines 34 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 250 mg			11 %
Potassium 2500 mg			53 %
Calcium 450 mg			35 %
Iron / Fer 9.5 mg			53 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat oven to 400°F. Prep ingredients: slice the **eggplant** slightly less than 1/2 an inch, and rinse the **rice**.



Toss the **eggplant** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on baking sheet lined with a baking mat or lightly greased and bake for 20 minutes, flipping halfway through. Keep the oven on after they're cooked.



Meanwhile, start the risotto: in a small pot, add the **rice**, 2 cups of **water** (4 cups for 4 servings) and half of the **tomato sauce** and bring to a boil, then lower to a simmer. Cook, stirring often until the liquid has absorbed, about 30 minutes, adding more **water** as needed.



To assemble, put 1 slice of **eggplant** on the bottom of a baking dish, then top with **tomato sauce**, **ricotta**, and repeat. Make 4 stacks (8 for 4 servings). Sprinkle the **breadcrumbs** over the top along with 1/2 the **parmesan** and bake for 10 minutes.



Plate the risotto along with the eggplant parmesan stacks, and serve with remaining **parmesan**.