

Eggplant & Chickpea Parmigiana

10 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) with an oven-proof pan inside.
2. Carefully remove the pan from the oven once it has fully preheated. Arrange the eggplant in the pan with half of the broth. Season with salt and pepper and cook in the oven for 15 minutes.
3. Meanwhile, mix together the breadcrumbs, parmesan cheese, garlic powder, Italian seasoning, and remaining broth. Set aside.
4. Remove the pan from the oven. Pour the marinara sauce on the eggplant and top with mozzarella cheese and chickpeas. Sprinkle the breadcrumb mixture on top.
5. Cook in the oven for 10 minutes or until golden and bubbly. Let stand for another 10 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 12-inch (30 cm) pan was used to make four servings. One serving is approximately 1 1/2 cups.

Make it Vegan

Use vegan cheese shreds instead.

More Flavor

Garnish with fresh basil or parsley.

Serve it With

Pasta, rice, or add your protein of choice.

Ingredients

- 1 Eggplant (medium, sliced lengthwise)
- 1/4 cup Vegetable Broth (divided)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Bread Crumbs
- 2 tbsps Parmigiano Reggiano (shredded)
- 1/4 tsp Garlic Powder
- 1/2 tsp Italian Seasoning
- 1 cup Marinara Sauce
- 2 ozs Mozzarella Cheese (shredded)
- 1 1/2 cups Chickpeas (cooked)

