

Food Babe's Eggplant Parmesan



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	1 hr, 15 mins	1 hr, 30 mins	4

<https://foodbabe.com/eggplant-parmesan-farm-raw-dairy>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 large eggplant
- 1 cup quinoa, cooked
- 8 ripe fresh tomatoes, diced
- 3 garlic cloves, minced
- 1 large yellow onion, chopped
- ½ teaspoon red pepper flakes
- ½ teaspoon sea salt
- ½ cup fresh basil
- 3 ounces raw goat's milk cheese
- 2 ounces raw parmesan cheese

Instructions:

1. Preheat oven to 400° F.
2. Prepare 1 cup dry quinoa according to package instructions and set aside.
3. Meanwhile, thinly slice eggplant ($\frac{1}{2}$ inch thick) and place it on a large baking rack, spray lightly with olive oil.
4. Cook slices eggplant for about 10-15 minutes at 400° F until slightly golden.
5. For the tomato sauce, start by sauteeing onions in olive oil for 5 minutes on medium heat.
6. Once onions are cooked tender, add garlic and sautee 2 more minutes.
7. Add tomatoes, red pepper, half of basil, and salt and bring to a boil, then reduce to simmer.
8. Allow tomatoes to cook for at least 10 minutes and then smash them with a potato smasher or big fork.
9. Place about $\frac{1}{2}$ of the cooked tomato sauce on the bottom of a large baking dish.
10. In this order layer the following ingredients one at a time – eggplant slices, quinoa, rest of sauce and top with cheese and basil.
11. Bake covered with foil at 350° F for 30-40 minutes.

Notes:

- All ingredients organic