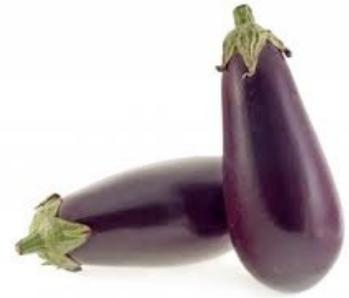


**NO - Bake**

## 15-min Italian Eggplant



Now understand I almost always have several snack-size bags of **Spaghetti Sauce (see page 20)** in my freezer, as I did this day. Choose from quick and E-Z to All Day Sauce, which is what I generally have in the freezer. But you can certainly make E-Z sauce anytime you need to. The reason I generally have All Day Sauce is because I find when I make sauce it is just easier to make a BIG skillet full and let it cook while I'm preparing other dishes. Then I get to savor wonderful full flavored sauce anytime I want it. **SO E-Z.**

If you have spaghetti sauce in the freezer, thaw by placing closed zip bag under warm running water in your sink for just a couple of minutes. When easy to break into chunks place in a small saucepan or skillet to heat slowly, covered, on top of the stove.

Heat a glass-lined or heavy stainless steel skillet over med heat.

- **1 firm fresh Eggplant**, sliced into rounds and peeled

Place on a large dinner plate and squirt with FRESH Lemon juice, flip to absorb juice on the other side and sprinkle both sides **lightly** with coarse ground salt and pepper. Remember your prepare spaghetti sauce will already be seasoned.

Add to your skillet:

- **2 T Olive oil**, NO more as the eggplant will absorb every drop

When the oil sizzles add the sliced eggplant and reduce heat to med-low, cover for 3 minutes while you prepare your basil, cheese and your sauce is warming up.

- **Buffalo sliced or small Pearls of Mozzarella** cheese to cover each round of eggplant
- **3-4 basil leaves PER** round of eggplant, stems removed

Flip each slice when lightly browned, turn off heat and cover for 1 min.

Remove cover, place one large spoonful of sauce on each round of eggplant, top each round with cheese then add basil on top. Cover for 1-min to melt the cheese, remove to serving plate for a ONE-Bowl Wonder or as a refreshing side dish for grilled chicken, pork or fish.

Any leftovers reheat quickly in the microwave, just as yummy as the day before. I did freeze one round just to test it and I would not recommend it. FRESH is BEST.