



# Delicious Easy Eggplant Recipes to Try Now

## Introduction

Eggplant is a versatile and nutritious vegetable that can be transformed into a variety of delicious dishes. Whether you're looking for a hearty meal or a light side, eggplant can be the star of the show. Here's a collection of 15 easy eggplant recipes from Love and Lemons, showcasing its culinary potential. Below are three standout recipes with their essential ingredients and preparation details.

### Oven Roasted Eggplant

Detailed Ingredients with measures:

- 1½ pounds eggplant, chopped into ½-inch cubes
- 2 tablespoons extra-virgin olive oil

-  $\frac{1}{2}$  teaspoon sea salt

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 25-35 minutes

Total Time: 40-50 minutes

Yield: Serves 4

### Eggplant Parmesan

Detailed Ingredients with measures:

- 2 medium eggplants, sliced into  $\frac{1}{4}$ -inch rounds
- 2 eggs
- 2 tablespoons almond milk
- $1\frac{1}{2}$  cups panko breadcrumbs
- $1\frac{1}{4}$  cups grated Parmesan cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- $\frac{1}{2}$  teaspoon red pepper flakes
- Salt and freshly ground black pepper
- Olive oil, for drizzling
- 2 cups marinara sauce
- 8 ounces fresh mozzarella, sliced
- Fresh basil, for garnish

## Prep Time

30 minutes

## Cook Time, Total Time, Yield

Cook Time: 38 minutes

Total Time: 1 hour and 8 minutes

Yield: Serves 6-8

### Eggplant Lasagna

Detailed Ingredients with measures:

- 2-3 large Italian eggplants (about 4 pounds), sliced lengthwise into  $\frac{1}{4}$ -inch planks
- Olive oil, for drizzling
- Salt
- 2 cups ricotta cheese
- 1 egg
- $\frac{1}{2}$  cup grated Parmesan cheese
- 2 garlic cloves, grated
- 1 teaspoon dried oregano
- Zest of 1 lemon
- Freshly ground black pepper
- 2 cups marinara sauce
- 1 cup grated mozzarella cheese
- Fresh basil and red pepper flakes, for garnish

## Prep Time

20 minutes

## Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 1 hour and 50 minutes

Yield: Serves 6-8

See also Shrimp Macaroni Salad Recipe for a Tasty Dish

For more enticing eggplant recipes, including grilled eggplant, eggplant salad, and baba ganoush, be sure to explore the full collection on Love and Lemons. Each recipe offers a delightful way to enjoy this nutritious vegetable, making meal planning easier and more delicious.

## Oven Roasted Eggplant

### **Detailed Directions and Instructions**

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Place the eggplant on the baking sheet, toss with olive oil and salt, and spread in a single layer.
3. Roast for 25-35 minutes, flipping halfway, until tender and golden brown.

### **Notes**

- Ensure that the eggplant is cut into uniform cubes for even cooking.
- If desired, you can sprinkle additional herbs or spices over the eggplant before roasting for extra flavor.

## Eggplant Parmesan

### **Detailed Directions and Instructions**

1. Preheat the oven to 400°F and line two baking sheets with parchment paper.
2. In a shallow dish, whisk together eggs and almond milk.

3. In another dish, combine panko, 1 cup Parmesan, oregano, thyme, red pepper flakes, salt, and pepper.
4. Dip eggplant slices into the egg mixture, then coat with the panko mixture.
5. Place on baking sheets, drizzle with olive oil, and bake for 18 minutes until tender and golden brown.
6. In a baking dish, spread  $\frac{1}{2}$  cup marinara, layer half the eggplant, top with 1 cup marinara and half the mozzarella. Repeat layers, finishing with mozzarella and remaining Parmesan.
7. Bake for 20 minutes until cheese is melted, then broil for 2-4 minutes until browned and bubbling.
8. Garnish with fresh basil before serving.

#### Notes

- Use fresh mozzarella for the best texture and flavor.
- Allow the dish to sit for a few minutes after baking to set before slicing and serving.

See also [Easy Dinner Ideas for Quick Meals](#)

## Eggplant Lasagna

#### Detailed Directions and Instructions

1. Preheat the oven to 425°F and line three baking sheets with parchment paper.
2. Arrange eggplant slices on clean kitchen towels, sprinkle with salt, and let sit for 20 minutes to draw out moisture.
3. Pat dry, transfer to baking sheets, drizzle with olive oil, and roast for 20-25 minutes until tender and golden brown, flipping halfway.
4. In a bowl, mix ricotta, egg, Parmesan, garlic, oregano, lemon zest, salt, and pepper.

5. In a baking dish, spread  $\frac{1}{2}$  cup marinara, layer roasted eggplant slices, half the ricotta mixture, and another  $\frac{1}{2}$  cup marinara. Repeat layers, finishing with eggplant, marinara, mozzarella, and remaining Parmesan.
6. Bake for 30 minutes until cheese is browned and bubbling.
7. Let stand for 30 minutes before serving. Garnish with basil and red pepper flakes.

#### Notes

- Using a variety of cheeses can enhance flavor complexity.
- Letting the lasagna rest helps to firm up the layers for easier serving.



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# Cook Techniques

## Oven Roasting

A method where eggplant cubes are tossed with oil and salt, then roasted in an oven until tender and caramelized, enhancing their natural flavor.

## Baking

A healthier approach to traditional frying, where eggplant slices are breaded and baked to achieve a crispy texture while retaining moisture.

## Layering

A technique used in lasagna-style dishes where eggplant slices are alternated with cheese and sauce, creating a multi-textured and flavorful dish.

## Salting

Sprinkling sliced eggplants with salt to draw out excess moisture and bitterness, improving their overall taste and texture.

# FAQ

## Can I use any type of eggplant for these recipes?

Yes, various types of eggplant, such as Italian, globe, or even Japanese eggplant, can be used depending on availability and personal preference.

## **How long does it take to cook eggplant?**

Cooking times vary by recipe, but generally, eggplant takes about 20-35 minutes to cook until tender, depending on the method used.

See also [Pumpkin Cinnamon Sugar Donuts](#)

## **Do I need to peel eggplant before cooking?**

Peeling is optional and depends on personal preference. The skin can add texture and is packed with nutrients, but if you prefer a softer dish, peeling may be beneficial.

## **How do I know when my eggplant is cooked?**

Eggplant is cooked when it's tender and has a golden brown color. You can test this by piercing it with a fork; it should easily slide in.

## **What can I replace eggplant with in these recipes?**

Alternatives like zucchini, portobello mushrooms, or stacked roasted vegetables can be used, but the cooking times may vary.

# **Conclusion**

Eggplant is a versatile vegetable that can be prepared in numerous delightful dishes. From oven-roasted to layered in a comforting lasagna, these recipes showcase the unique flavors and textures eggplant offers. Whether you're seeking a hearty meal or a light side dish, incorporating eggplant into your cooking can elevate your culinary experience.

## **Grilled Eggplant**

This recipe features slices of eggplant marinated and grilled to

perfection, perfect as a side or topping for sandwiches.

### **Eggplant Salad**

A refreshing salad combining roasted or grilled eggplant with tomatoes, fresh herbs, and a tangy dressing.

### **Baba Ganoush**

A smoky dip made from roasted eggplant blended with tahini, garlic, lemon juice, and olive oil, ideal for serving with pita or veggies.

### **Stuffed Eggplant**

Eggplants hollowed out and filled with a savory mixture of grains, vegetables, and spices, then baked until tender.

### **Eggplant Stir-Fry**

Quick and easy stir-fried eggplant with colorful vegetables and a flavorful sauce, perfect served over rice or noodles.

### **Eggplant Curry**

A fragrant curry using eggplant simmered with spices, tomatoes, and coconut milk, served with rice or naan.



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