

Vegetarian Parmesan

Nutrition Facts:	
Yield	5
Calories	475
Fat	12 g
Sodium	130 mg

Code
\$, Q, V, GF



Ingredients Needed:

1 medium eggplant, cut in $\frac{1}{4}$ - $\frac{1}{2}$ inch slices
1 red bell pepper, cut in thirds
1 yellow bell pepper, cut in thirds
1 orange bell pepper, cut in thirds
1 jar Mariana sauce
3 cup shredded mozzarella cheese
1 cup parmesan cheese
1 cup flaxseed
Butter, for greasing
Olive oil, for drizzling
Salt and pepper to taste

Recipe Directions:

- Preheat oven to 375 degrees, grease 13x9 baking dish.
- Drizzle eggplant slices and pepper with olive oil and season with salt and pepper. Bake vegetables 15-20 minutes or until softened.
- Spoon $\frac{3}{4}$ cup Mariana sauce on bottom of baking dish; arrange eggplant on top; sprinkle with 1 cup mozzarella cheese and $\frac{1}{3}$ cup parmesan cheese.
- Arrange peppers in a single layer on top; spoon $\frac{3}{4}$ cup Mariana sauce over peppers; sprinkle with 1 cup mozzarella cheese and $\frac{1}{3}$ cup parmesan cheese.
- Cover with remaining sauce; sprinkle with remaining cheese; scatter the flaxseed over the cheese and drizzle with olive oil.
- Bake 30-35 minutes or until top is golden and forms a crust.
- Let cool for 10 minutes before serving.



