

Vegetable Parmesan

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 45 minutes

Resting Time: 10 minutes

Serves: 6

CChints: We used the vegetables below in this recipe but you can substitute others like zucchini, green beans, asparagus, leeks and more. We used red and yellow bell peppers but you can double up on a color if you would like. You can buy a shredded package of 5 Italian cheeses in your local market or you can substitute mozzarella. Panko bread crumbs can be found with the pastas or other bread crumbs. They really add a great texture topping.



- 1 medium eggplant, cut into 1/3 inch thick slices
- 1 medium yellow onion, sliced 1/4 inch thick
- 1 pound yellow squash, sliced 1/3 inch thick
- 1 red bell pepper, cut into 1" pieces
- 1 yellow bell pepper, cut into 1" pieces
- 1 cup slice white or portabella mushrooms
- 1-1/2 teaspoons Herb de Provence or Italian seasoning, divided
- 1 teaspoon salt, divided
- Fresh black pepper to taste
- 3 cups shredded Italian 5 Cheese Blend cheese
- 1 cup grated Parmesan cheese
- 26 ounce jar of your favorite marinara sauce
- 3/4 cup Panko bread crumbs
- Spray butter

Locate a 9x13 baking pan and spray it with cooking spray. Pour 3/4 cup of marinara sauce in the bottom of the baking dish.

Wash and dry the eggplant, squash and peppers. You will want to partially precook the eggplant and squash because they will take a little longer to get tender. Put the sliced eggplant in a microwaveable container, partially seal and cook for 2 minutes. Remove the cover and carefully lay them in a single layer over the sauce in the dish. Lightly sprinkle with some of the herbs, salt and pepper. Spread 3/4 cup of sauce on top and sprinkle with 1 cup of cheese blend and 1/3 cup of the parmesan.

Put the yellow squash in the microwaveable container and cook them for 1 minute. Carefully lay them on top of the cheese layer. Add the peppers and lightly sprinkle with some of the herbs, salt and pepper. Spread 3/4 cup sauce over this layer and sprinkle with 1 cup of cheese blend and 1/3 cup of the parmesan.

For the final layer, sprinkle the onions and mushrooms over the cheese. Spread the remaining sauce on top and add the rest of the cheeses. Sprinkle the bread crumbs over everything and spray lightly with a few squirts of the spray butter.

Bake for 30 – 35 minutes until the top is a golden brown. During this time you can do a little clean up and prepare the rest of the meal.

When you remove it from the oven, let it rest for about 10 minutes, then enjoy.