Italian Chicken and Eggplant

Serves 6

Ingredients

Eggplant

- 1 1/2 lbs eggplant, peeled and sliced 1/4 inch thick
- 2 eggs, beaten
- 2 cups soft bread crumbs
- 1/2 cup oil (for frying)
- 1/2 tsp salt
- 1/8 tsp white pepper

Chicken

- 1 broiler-fryer chicken, cooked and boned, cut into bite-sized pieces
- 1/2 tsp garlic salt

Tomato Sauce

- 2 Tbsp reserved oil (from eggplant frying)
- 1/4 cup green pepper, minced
- 1 Tbsp onion, grated
- 1 can (15 oz) tomato sauce
- 1/2 cup chicken broth
- 1 tsp oregano
- 1/2 tsp basil
- 1/2 tsp salt

Cheese Layers

- 1/2 cup Parmesan cheese, grated
- 1 package (8 oz) Mozzarella cheese, sliced

Instructions

Prepare Chicken

1. Cut cooked chicken into bite-sized pieces.
2. Sprinkle with garlic salt and set aside.

Prepare Eggplant

1. Dip eggplant slices in beaten egg, then roll in bread crumbs to coat.
2. Heat oil in a large skillet over medium heat.
3. Brown eggplant slices on both sides until golden; drain on paper towels.
4. Sprinkle with 1/2 tsp salt and white pepper.

5. Reserve 2 Tbsp of the frying oil in the skillet.

Make Tomato Sauce

1. In the reserved oil, sauté green pepper and onion over medium heat for approximately 2 minutes.
2. Add tomato sauce, chicken broth, oregano, basil, and remaining 1/2 tsp salt.
3. Bring to a boil and cook 2 minutes. Remove from heat.

Assemble

1. Grease a shallow baking dish.
2. Layer one third of the eggplant slices on the bottom.
3. Spread half the chicken evenly over the eggplant.
4. Pour one third of the tomato sauce over the chicken.
5. Sprinkle with one third of the Parmesan cheese.
6. Top with one third of the Mozzarella slices.
7. Repeat layers - eggplant, remaining chicken, one third sauce, one third Parmesan, one third Mozzarella.
8. Top with the final layer of eggplant and remaining tomato sauce.
9. Sprinkle with remaining Parmesan and top with remaining Mozzarella slices.
10. Cover and refrigerate until 45 minutes before serving.

Bake

1. Preheat oven to 350°F.
2. Bake uncovered for 45 minutes until bubbling and cheese is golden.
3. Let rest 5 minutes before serving.

Eggplant & Chicken

ITALIAN CHICKEN AND EGGPLANT

- 1 broiler-fryer chicken, cooked and boned
- ½ teaspoon garlic salt
- 1½ pounds eggplant, peeled and sliced ¼-inch thick
- 2 eggs, beaten
- 2 cups soft bread crumbs
- ½ cup oil
- 1 teaspoon salt, divided
- ⅛ teaspoon white pepper
- ¼ cup minced green pepper
- 1 tablespoon grated onion
- 1 (15-ounce) can tomato sauce
- ½ cup chicken broth
- 1 teaspoon oregano
- ½ teaspoon basil
- ½ cup Parmesan

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cheese
1 (8-ounce) package Mozzarella cheese, sliced

Cut cooked chicken into bite-sized pieces. Sprinkle with garlic salt and set aside. Dip eggplant slices into beaten eggs. Roll in crumbs. In a large skillet, heat oil over medium heat. Brown eggplant on both sides and drain on paper towel. Sprinkle with ½ teaspoon salt and white pepper.

Reserve 2 tablespoons oil in skillet. Saute pepper and onion for about 2 minutes. Add tomato sauce, chicken broth, oregon, basil and remaining salt. Boil for 2 minutes.

In greased shallow baking dish, layer a third of eggplant slices. Add half of cooked chicken, spreading evenly over eggplant. Pour a third of tomato sau over chicken; sprink witnh a third of Parmesa cheese; top with a third o Mozzarella cheese slices.

Repeat layers. Top with third layer of eggplant and remaining tomato sauce. Sprinkle with remaining Parmesan cheese and top with last of Mozzarella slices. Refrigerate, covered until 45 minutes before serving time.

Bake in a preheated 350-degree oven for 45 minutes. Yields 6 servings.

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