

# Opa-locka Farmers' Market

At Nathan B. Young Elementary School  
14120 NW 24<sup>th</sup> Avenue, Opa-locka, FL 33054  
Wednesdays from 2 p.m. to 5 p.m.

## EGGPLANT LASAGNA

### Ingredients

- ❖ 1 teaspoon olive oil for brushing
- ❖ 2 eggs
- ❖ 2 tablespoons water
- ❖ 1 cup grated parmesan cheese
- ❖ 1 cup Italian-seasoned bread crumbs
- ❖ Salt and ground black pepper to taste
- ❖ 2 large eggplants, peeled and sliced into ½ -inch round
- ❖ 2 tablespoons olive oil
- ❖ 1 pound ground beef
- ❖ 48 ounces chunky tomato sauce
- ❖ 2 cups shredded mozzarella cheese

### Preparation

- ❖ Preheat oven to 375 degrees F (190 degrees C). Oil two baking sheets with 1 teaspoon olive oil.
- ❖ Whisk eggs and water together in a shallow dish.
- ❖ Combine Parmesan cheese, bread crumbs, salt, and ground black pepper in a separate shallow dish.
- ❖ Dip eggplant slices in egg mixture.
- ❖ Press slices into the crumbs and tap off excess. Arrange slices on the prepared baking sheets.
- ❖ Bake eggplant slices in the preheated oven until tops are golden brown, 20 to 25 minutes. Flip eggplant and bake an additional 20 to 25 minutes.
- ❖ Remove eggplant from the oven and increase temperature to 400 degrees F (200 degrees C).
- ❖ Heat 2 tablespoons olive oil in a skillet over medium-high heat and stir in ground beef. Season beef with salt and ground black pepper.
- ❖ Cook and stir until beef is crumbly, evenly browned, and no longer pink, about 10 minutes. Drain excess grease.
- ❖ Stir tomato sauce into ground beef; bring to a simmer and set sauce aside.
- ❖ Oil a 9x13 baking dish with olive oil.
- ❖ Place 1/3 of the eggplant slices on bottom of the dish.
- ❖ Pour 1/3 of tomato sauce with ground beef on top of eggplant layer.
- ❖ Sprinkle 1/3 of mozzarella cheese on top of sauce layer.
- ❖ Repeat 2 more times, finishing with a layer of mozzarella cheese.
- ❖ Bake uncovered in the preheated oven until cheese is melted and sauce is bubbling, 10 to 15 minutes.
- ❖ Remove from oven and allow to cool for 5 minutes.

Source: <http://allrecipes.com/recipe/eggplant-lasagna/detail.aspx>



## Available Produce

### Farm Worker

Eggplant  
Papaya  
Green bell Pepper  
Tomatoes  
Onion

### Country Corner

Banana  
Oranges  
Strawberries  
Grapes  
Corn  
Cabbage  
Okra  
Sweet Potatoes

### Keys Gate

Red cabbage  
Broccoli  
Romaine lettuce  
Scallions  
Spinach  
Tomatoes  
Red bell pepper  
Parsley

