

Cauliflower Parmesan

Servings : 6

Amount	Measure	Ingredient - Preparation Method
1	medium	cauliflower
1	cup	flour
		kosher salt
3	large	eggs - beaten
2	cups	panko crumbs
1	cup	olive oil
2 1/2	cups	marinara sauce
8	ounces	mozzarella cheese - thinly sliced
1/3	cup	parmesan cheese - grated
1/4	cup	basil - torn

Preheat oven to 400.

Slice cauliflower into 1 inch thick slices.

Mix flour with 1 teaspoon salt in pie plate. Put eggs in another bowl and panko in a third.

Add 1/4" olive oil to large skillet and heat over med-high heat until shimmering.

Add cauliflower to the flour and coat. Dip in egg, then panko. Fry in batches until golden brown, 6-8 minutes. Transfer to lined plate and sprinkle with salt.

Spread 1 cup marinara on bottom of a 9x13 baking dish. Arrange fried cauliflower on top, the 1 cup of sauce. Put mozzarella over sauce, then 1/2 cup sauce. Sprinkle with Parmesan and bake until brown and bubbly, about 35 minutes. Sprinkle with basil and serve.

Description: "veggies"