



Visiting Nurse Association
of Northern New Jersey

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Stuffed Eggplant Parmesan Shopping List

- 2 (10-oz) eggplants
- Canola Oil
- Vidalia sweet onion
- Fresh thyme
- Fresh basil
- Fresh garlic
- Kosher salter
- 1 small tomato
- 2 large eggs
- 4 ounces fresh mozzarella
- Italian-seasoned Panko breadcrumbs
- 1 jar pasta sauce
- Fresh Parmesan