



How To Make No-Fry Sheet-Pan Eggplant Parmesan Casserole

What is it? Roasted breaded eggplant layered with sauce and cheese, then baked in a shallow pan until hot, browned, and set.

Why it works: Roasting the coated eggplant instead of frying it keeps the dish lighter, reduces mess, and still gives you crisp edges and tender layers.

YIELD

6 servings

PREP

30 min plus salting

BAKE

35 to 45 min

What do you need before you start?

You need two medium eggplants, eggs, breadcrumbs, flour, a fairly thick tomato sauce, mozzarella, Parmesan, olive oil, and basic seasonings.



Equipment

Rimmed 9 x 13 in pan or quarter sheet pan, two baking sheets or one used in batches, three shallow bowls, towels, spatula, and a hot oven.

Texture note

Use a thick sauce and dry the eggplant well. Those two details matter more than anything else.

What ingredients go into the casserole?

Ingredient	U.S.	Metric
Eggplant	2 large	about 1.1 kg total
Kosher salt	1 1/2 tbsp	22 g
Flour	1/2 cup	60 g
Large eggs	3	3
Water	2 tbsp	30 ml
Dry breadcrumbs	2 cups	200 g
Parmesan, divided	1 cup	90 g
Olive oil	6 to 8 tbsp	90 to 120 ml
Thick tomato sauce	3 cups	720 ml
Mozzarella	12 oz	340 g

Optional: basil, garlic powder, or a small pinch of red pepper. If your mozzarella is very moist, drain it well.

How do you prepare, bread, and roast the eggplant?

Salt the slices first, then dry them thoroughly. After that, use the usual flour, egg, and breadcrumb coating and roast until the crust is golden in spots.

1 Salt the slices

Cut the eggplant into 1/2-inch or 1.25-cm rounds. Salt both sides and let them stand 30 to 45 minutes. Pat them very dry before breading.

Look for: Visible moisture on the surface and slices that feel less wet in the center.

2 Set up the breading bowls

Put flour in one bowl. Whisk the eggs with 2 tablespoons or 30 ml water in another. Mix breadcrumbs with Parmesan, oregano, pepper, and optional garlic powder in the third.

Look for: A dry crumb mix and an egg mixture loose enough to coat the slices evenly.

3 Coat and roast

Dredge each slice in flour, then egg, then breadcrumbs. Oil the trays lightly, arrange the slices in a single layer, brush or drizzle with olive oil, and roast at 425 F or 220 C. Turn once.

Look for: The coating is set and golden in spots and the eggplant is tender when pierced.



How do you layer and bake the casserole?

Use light layers and a shallow pan. Too much sauce or cheese will soften the structure and make the casserole harder to slice cleanly.



4 Assemble the pan



Spread about 3/4 cup or 180 ml sauce in the bottom of a lightly oiled 9 x 13-inch or 23 x 33-cm pan. Add half the roasted eggplant, then 1 cup or 240 ml sauce, half the mozzarella, and a little Parmesan.

Look for: The first layer looks moist but not flooded, with some crumb texture still visible.

5 Finish the layers



Add the rest of the eggplant, then the remaining sauce, mozzarella, and Parmesan. Leave a few edges exposed if you want more browning.

Look for: A shallow, even top layer that is not buried under sauce.

6 Bake and rest



Bake at 400 F or 205 C for 15 to 20 minutes, until the cheese melts fully and the sauce bubbles around the edges. Broil briefly only if the top needs more color. Rest 10 to 15 minutes before cutting.

Look for: The center is hot, the top is browned in places, and the slices hold together when lifted.

How do you serve, store, and reheat it well?

Serve it after a short rest so the layers settle. Refrigerate leftovers promptly, and reheat in the oven for the best texture.



1 Serve



Cut after 10 to 15 minutes of resting. This is enough time for the cheese and sauce to settle.

Look for: Neater squares and less runoff in the pan.

2 Store



Cool leftovers promptly, cover, and refrigerate for 3 to 4 days. For best quality, freeze up to 2 months.

Look for: Chilled portions that hold their shape better the next day.

3 Reheat



Warm covered portions at 350 F or 175 C until hot in the center. Microwave reheating works, but the crust softens more.

Look for: Steaming-hot centers and edges that crisp again slightly in the oven.

What problems come up most often?

Soggy casserole: usually caused by wet eggplant, a loose sauce, or under-roasted slices.

Coating falls off: usually caused by damp slices or skipping the flour step.

Too much liquid: fresh mozzarella and watery sauce both raise the moisture level.

Quick FAQ

Do you have to peel it? No. Smaller eggplants usually have softer skin.

Can you make it ahead? Yes. Roast the slices earlier, or assemble and chill for several hours before baking.

Can you use fresh mozzarella? Yes, but drain it well because it adds more water.

What is the shortest version of the method?

Salt and dry the eggplant, bread it, roast it until golden, then layer it in a shallow pan with thick sauce and cheese. Bake until bubbling, then rest before cutting.

- Slice 1/2 inch or 1.25 cm thick for even cooking.
- Salt and dry thoroughly to reduce excess moisture.
- Use flour, then egg, then breadcrumbs for the best coating.
- Roast long enough for the crust to brown before layering.
- Keep the sauce fairly thick and the layers shallow.
- Rest 10 to 15 minutes before serving.

What can vary from kitchen to kitchen?

Oven calibration, pan color, slice thickness, and sauce moisture can shift the timing a little. Trust the visual cues as much as the clock.

What should the finished casserole feel like?

Tender eggplant, melted cheese, browned edges, and enough structure to lift a slice cleanly. A little liquid in the pan is normal. A watery pan usually means too much moisture entered the bake.

Finished recipe title: No-Fry Sheet-Pan Eggplant Parmesan Casserole Recipe

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