

# Cooking Instructions for Prepared Eggplant or Zucchini Parmesan

## Step-by-Step Guide to Heating and Serving Eggplant Parmesan

### For Refrigerated Prepared Eggplant Parmesan

1. Preheat the Oven:
2. Set your oven to 375°F (190°C).
3. Prepare the Baking Dish:
4. If your Eggplant Parmesan is not already in an oven-safe dish, transfer it to one. Cover with aluminum foil to prevent excessive browning.
5. Bake:
6. Place the dish in the preheated oven and bake for 25–30 minutes. If you prefer a crispy top, remove the foil for the last 10 minutes of baking.
7. Check Temperature:
8. Ensure the center is hot and bubbling, and the cheese is melted. An internal temperature of at least 165°F (74°C) is recommended for food safety.
9. Rest and Serve:
10. Let the dish stand for 5–10 minutes before serving. Garnish with fresh basil or grated Parmesan if desired.

### For Frozen Prepared Eggplant Parmesan

1. Preheat the Oven:
2. Set your oven to 375°F (190°C).
3. Remove Packaging:
4. Take off any plastic wrap or non-oven-safe packaging. Cover with foil if desired.
5. Bake:
6. Bake frozen Eggplant Parmesan for 45–60 minutes, or until hot and bubbly. For a golden top, remove foil for the last 10–15 minutes.
7. Check Temperature:
8. Verify the center reaches 165°F (74°C) for safety.
9. Rest and Serve:
10. Allow to cool for 5–10 minutes before serving. Add fresh herbs or extra cheese as desired.

## Microwave Instructions (Individual Portions)

1. Place on Microwave-Safe Plate:
2. Arrange a single serving of Eggplant Parmesan on a microwave-safe plate. Cover loosely with a microwave-safe lid or wax paper.
3. Heat:
4. Microwave on high for 2–4 minutes, checking halfway through. If needed, continue heating in 30-second increments until hot throughout.
5. Let Stand:
6. Allow to sit for 1–2 minutes before eating. Be careful, as the cheese and sauce can be very hot.

## Tips for Best Results

- For crispier eggplant, use the oven instead of microwave.
- Serve with a side of pasta, salad, or garlic bread for a complete meal.