



Eggplant Parmesan

Info:

Makes 4 Servings 390 Calories per Serving

LOW CAL



Ingredients:

- ❖ Cooking Spray
- ❖ 4 oz Pasta

- ❖ 1 Cup Breadcrumbs
- ❖ 2 tsp Italian Seasoning
- ❖ ¼ tsp Pepper
- ❖ 1 Large Eggplant
- ❖ ¼ Cup Skim Milk
- ❖ ½ Cup Egg Beaters (2 Eggs)

- ❖ 28oz Can Crushed Tomatoes
- ❖ ¼ tsp Garlic Powder
- ❖ 1 tsp Salt
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ ½ tsp Parsley

- ❖ ¼ Cup Shredded/Grated Parmesan Cheese
- ❖ 4oz Part Skim Mozzarella Cheese

Preparation:



1. Preheat oven to 350°
2. Slice eggplant into 12 slices ¼ - ½ inch thick
3. Lightly coat 2 small baking sheets with cooking spray
4. In a small bowl combine milk, egg beaters and pepper
5. On a plate combine the breadcrumbs and Italian seasoning
6. Dip both sides of each eggplant in the egg mixture then into the breadcrumb mixture
7. Place slices in a single layer on the baking sheets and bake for 30 minutes, flipping once halfway through
8. In a large mixing bowl add crushed tomatoes, garlic powder, salt, basil, oregano and parsley
9. Spread a thin layer of sauce in the bottom of a large casserole dish then place eggplant slices in a double layer along the bottom
10. Pour the remaining sauce on top, then sprinkle the parmesan and mozzarella on top
11. Bake 30 minutes
12. During last 10 minutes boil the egg noodles and drain
13. Serve hot eggplant and sauce with noodles