



LOW-FAT HEALTHY EGGPLANT PARMESAN

Intermediate Lifestyle

INGREDIENTS

1 TBS olive oil
2 medium eggplant, cut into rounds
2 TSP Italian seasoning
1/2 cup seasoned breadcrumbs
16 oz. marinara sauce
1 cup reduced fat mozzarella cheese
1/4 cup fresh basil

INSTRUCTIONS

—Preheat the oven to 400 degrees.

—Cover 2 baking sheets with foil and spray with cooking spray. Place the eggplant in a single layer on the baking sheets. Brush with olive oil. Sprinkle with salt, pepper, and Italian seasoning. Then sprinkle breadcrumbs on top.

—Bake for 20-25 minutes until softened.

—Meanwhile, coat an 8 X 8 glass baking dish with cooking spray. Add about 1/3 of the sauce to the bottom. Add a layer of the baked eggplant. Sprinkle with 1/2 the cheese. Add more sauce, another layer of eggplant, more sauce, and then sprinkle the remaining cheese on top.

—Cover with foil and bake for 20 minutes. Remove foil and let cheese brown if desired.

—Serve with fresh basil.

SERVING INFO: (Serves 4) 1-1/2 cups = 2 V, 1 M, 1 FT