

LiveWell

Eggplant parmesan

Yield: 4 servings



Ingredients:

- 1 medium to large eggplant
- 1/2 teaspoon salt
- 3 slices whole-wheat bread, toasted
- 2 egg whites, lightly beaten
- Vegetable oil cooking spray
- 3 ounces part-skim shredded mozzarella cheese
- 3 ounces part-skim ricotta cheese
- 2 teaspoons Italian seasoning, divided
- 8-ounce can no-salt-added tomato sauce
- 6-ounce can no-salt-added tomato paste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons balsamic vinegar

Directions:

Preheat oven to 400° F. Cut eggplant into 8 slices and arrange on a parchment-lined baking sheet. Generously sprinkle each slice with salt, using 1/2 teaspoon of salt total. Let sit for 15 minutes to release moisture (small water droplets will form). Wipe salt off eggplant and parchment using a damp cloth. While eggplant sits, grind toasted bread in a food processor to make breadcrumbs. Place egg whites and breadcrumbs in separate shallow bowls. Dip one side of each eggplant slice in egg white and then in breadcrumbs and return to parchment-lined baking sheet with the breadcrumb sides up. Repeat until each eggplant slice has been coated. Sprinkle remaining breadcrumbs on top of eggplant as needed to fill in gaps in coating. Lightly coat eggplant with vegetable oil cooking spray. Place in oven and bake for 15-20 minutes, until eggplant is soft and crust is crispy. While eggplant bakes, mix mozzarella, ricotta, and 1 teaspoon Italian seasoning in one bowl, and in another, mix 1 teaspoon Italian seasoning, tomato sauce, tomato paste, garlic powder, onion powder, and balsamic vinegar. Remove eggplant from oven and top 4 slices with sauce mixture, then cheese mixture, using up half of each. Place each remaining eggplant slice onto a topped slice to create 4 towers. Top each tower with the remaining sauce and cheese. Return to oven and bake until cheese is melted, about 3-5 minutes. Serve warm.

Nutrition information per serving:

Calories: 285

Fat: 8 grams

Saturated fat: 3.5 grams

Cholesterol: 20 mg

Sodium: 495 mg

Carbohydrate: 40 grams

Fiber: 8 grams

Protein: 17 grams

Food exchanges:

2.5 carbohydrate,

1 vegetable,

2 protein, 1 fat