



# Eggplant Parmesan

**INGREDIENTS** (serving size: 4)

- 1 medium to large eggplant
- ½ 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-ounce 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

**NUTRITION INFORMATION:** 285 Calories; 8 grams Fat; 3.5 grams Saturated Fat; 20 mg Cholesterol; 459 mg Sodium; 40 grams Carbohydrates; 8 grams Fiber; 17 grams Protein

## **DIRECTIONS**

1. Preheat oven to 400 degrees Fahrenheit. Cut the eggplant into 8 slices and arrange on a parchment lined baking sheet. Generously sprinkle each slice with salt, using ½ 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.
2. While eggplant sits, grind toasted bread in a food processor to make breadcrumbs. Place egg whites and breadcrumbs in a separate shallow bowls. Dip one side of each eggplant slice in egg white and then in breadcrumb sides up. Repeat until each eggplant slice has been coated. Sprinkle remaining breadcrumbs on top of eggplant as needed to fill in the 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.
3. 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.