



Eggplant Parmesan

Eggplant is rich in fiber, potassium, and assorted B vitamins. It is also low in calories and saturated fat. This is a healthier version of the traditional eggplant parmesan.

Ingredients:

- 1 large eggplant, cut crosswise in ¼ inch slices
- 1 large egg, beaten
- ¼ cup flour
- ¼ cup Italian breadcrumbs
- ½ cup mozzarella cheese
- Cooking oil spray
- ½ cup marinara sauce
- salt and pepper, to taste

Directions:

1. Preheat oven to 400 degrees. Spray two baking sheets with oil spray.
2. Liberally salt both sides of each eggplant slice and let drain for 45 minutes.
Pat dry eggplant slices.
3. Set up dredging station with 3 separate bowls of the egg, flour, and breadcrumbs.
4. Dredge each slice in egg, then flour, then breadcrumbs, and then place in single Layer on baking sheets. Bake for 20-30 minutes, flipping once, until browned on each side.
5. Top each slice with 2 tablespoons of marinara sauce, then sprinkle with cheese. Return to over and bake for 5-10 minutes until cheese is bubbly. Serve.