



Baked Eggplant Parmesan

U.S.

1 large	Eggplant, sliced into 1/4 inch thick pieces
2 each	Eggs, beaten with a fork
1 1/2 cups	Whole Wheat Breadcrumbs
As needed	Cooking Spray
20 ounces	Quick Tomato Sauce (see recipe)
1/2 cup	Part-Skim Mozzarella, shredded
1/2 cup	Parmesan cheese, shredded

Metric

548 g
2 each
356 g
As needed
565 mL
57 g
57 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F / 190°C. Line a baking sheet with foil and spray with cooking oil.
3. One by one, coat the eggplant slices in the egg, followed by the breadcrumbs. Place the eggplant slices on the baking sheet in a single layer.
4. Bake eggplant for 15 minutes, flip, and then cook for an additional 10 minutes.
5. Increase the oven temperature to 475°F / 246°C. In an 8"x10" dish make a thin layer of sauce, eggplant, and then cheese. Repeat until there are no ingredients left. Finish by topping with cheese.
6. Bake dish until the cheese is melted and turning brown, about 15 minutes.

Nutrition Facts

4 Servings

Serving size 1/4 of recipe

Amount per serving

Calories 320

Calories from Fat 100

Total Fat 12 g

Saturated Fat 4.5 g

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 110 mg

Sodium 580 mg

Total Carbohydrate 40 g

Dietary Fiber 9 g

Total Sugars 8 g

Includes 0g Added Sugars

Protein 18 g

Vitamin D 1 %

Calcium 8 %

Iron 6 %

Potassium 377 mg

Phosphorus 163 mg
