



Eggplant Parmesan

Servings: 8

Ingredients:

- 3 large eggs
- 3 cups bread crumbs
- Cooking spray
- 2 medium eggplants, washed and cut into ¼ inch thick slices
- 1 (26 ounces) jar spaghetti sauce
- ½ cup part-skim mozzarella cheese, shredded

Directions:

1. Preheat oven to 400 degrees F.
2. Spray a baking sheet with cooking spray. Set aside.
3. Beat the eggs in a small bowl.
4. Pour the breadcrumbs into another small bowl.
5. Dip the eggplant slices into the eggs.
6. Next, dip the eggplant slices into the bread crumbs.
7. Place the breaded eggplant slices on the baking sheet, then spray the tops of the eggplant slices with cooking spray.
8. Bake for 15-18 minutes, until lightly golden brown. Remove from oven.
9. Fill a casserole dish with the eggplant slices.
10. Pour spaghetti sauce over the eggplant slices. Sprinkle with mozzarella cheese.
11. Bake for 15-20 minutes.

Nutrition Facts

Serving Size 6 Eggplant slices (274g)
Servings Per Container 8

Amount Per Serving

Calories 290 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 960mg **40%**

Total Carbohydrate 46g **15%**

Dietary Fiber 6g **24%**

Sugars 14g

Protein 12g

Vitamin A 10% • Vitamin C 15%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

