



# Baked Eggplant Parm

Servings 8 | Prep time 1 hour | Total time 1 hour 30 mins.

**Equipment:** Large baking sheet, Aluminum foil, Plate, Paper towel, 2 shallow dishes

**Utensils:** Fork for whisking, Measuring cups and spoons

## Ingredients

Non-stick spray

1 1/2 pounds eggplant

1 teaspoon salt

2 eggs

1 1/2 cups bread crumbs

4 tablespoons grated Parmesan cheese

1 teaspoon garlic powder

2 teaspoons Italian seasoning

1 cup tomato sauce

1 cup mozzarella cheese, shredded

1 16 ounce box whole wheat spaghetti, cooked according to package directions

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Preheat oven to 375 degrees. Line a large baking sheet with aluminum foil and spray with non-stick spray.
3. Cut eggplant into eight 3/4 inch slices. Place slices on a plate with a double layer of paper towel underneath. Sprinkle salt all over both sides of eggplant slices. Let stand about 30 minutes or until liquid is visible on the surface. Rinse salt and liquid off eggplant slices. Pat dry with paper towels.
4. Crack eggs into a shallow dish and whisk with fork. In another dish combine bread crumbs, Parmesan cheese, garlic, and Italian seasoning.
5. Dip eggplant slice in eggs, turning to coat both sides. Then dip into bread crumb mixture, turning to make sure eggplant slice is fully coated all over. Place on prepared baking sheet. Repeat with each eggplant slice until complete.
6. Spray tops of coated eggplant slices with non-stick spray.
7. Bake for 12 to 15 minutes or until tops are lightly browned. Turn over eggplant slices and bake for 12 to 15 minutes more or until lightly browned and eggplant is tender.
8. Remove from oven. Increase oven temperature to 400 degrees. Spoon 2 tablespoons of the tomato sauce onto each eggplant slice. Divide shredded cheese evenly among eggplant slices. Bake for 8 to 10 minutes more or until cheese is lightly browned.
9. Serve over whole wheat spaghetti.

## Nutritional Information:

Calories 420   Total Fat 9g   Sodium 790mg   Total Carbs 70g   Protein 19g