

Eggplant Parmesan

From – *Moosewood Restaurant Low-Fat Favorites*

2 large eggplants, cut crosswise into 1/2" slices (about 2 lbs)
4 egg whites
1/4 tsp salt
2 cups whole wheat bread crumbs
1/3 cup finely grated Parmesan cheese
1 large garlic clove, minced or pressed
2 tsp dried basil
3 1/2 cups Tomato Wine Sauce
1 cup nonfat ricotta cheese
2 cups grated low-fat mozzarella cheese (about 8 oz)

- Preheat oven to 350 degrees.
- Slice the eggplant and set aside.
- Find a bowl in which the eggplant rounds can lie flat and lightly beat the egg whites and salt in it.
- In another large bowl, combine the bread crumbs, Parmesan cheese, garlic and basil.
- Dip the eggplant slices in the egg whites, then dredge them in the bread crumb mixture to coat both sides evenly.
- Place the breaded slices on a baking sheet that has been prepared with cooking spray.
- Should you have any leftover bread crumb mixture, set it aside.
- Bake the eggplant for about 20 minutes on each side until tender and easily pierced with a fork.
- Spread about half of the sauce in the bottom of an 8" x 12" glass or nonreactive baking dish.
- Layer about half of the eggplant slices on top of the sauce.
- Spread all of the ricotta cheese evenly on the eggplant and top with about 1 1/2 cups of the mozzarella.
- Use the rest of the eggplant slices for a second layer.
- Cover them with the remaining sauce and any extra bread crumb mixture.
- Sprinkle the top with the final 1/2 cup of mozzarella and bake, uncovered, for 25 to 30 minutes until the cheese is melted and bubbly.



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