

Eggplant Parmigiana

From –Weight Watchers

1 eggplant sliced ½ inch thick
1 egg white, lightly beaten with 2 Tbsp water
½ cup seasoned Italian bread crumbs
1 cup reduced-fat spaghetti sauce
¾ cup shredded fat-free mozzarella cheese
3 Tbsp grated Parmesan cheese

- Preheat oven to 375F.
- Spray 2 baking sheets with nonstick cooking spray.
- Coat eggplant slices with egg white, then bread crumbs.
- Arrange on prepared baking sheets, bake 30 minutes.
- Turn slices over and bake until browned on both sides, about 10 minutes longer.
- Remove from oven, but leave oven on.
- Spread ¼ cup sauce over bottom of 8X8” baking dish. Arrange half the eggplant in a single layer over sauce, top with half the remaining sauce, then half the cheeses. Repeat layers.
- Bake, covered, until heated through and cheese is melted, 30-40 minutes.



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