

## **Eggplant Parmesan**

1 eggplant  
2 egg whites or ¼ c egg substitute  
¾-1 c whole wheat flour  
2 tomatoes, sliced  
½ cup low-fat shredded mozzarella cheese  
1 T olive oil  
Dash of salt and pepper  
2 cups tomato sauce (see below)

Pre-heat oven to 350°.

Cut the stems and navels off the eggplants and cut them crosswise into rounds ½ inch thick. In a skillet over medium-high heat, pour in oil. Heat the oil until it is hot enough to make the eggplant sizzle. In a small bowl, slightly beat eggs with a fork and add salt and pepper. Place flour in small bowl. Take each eggplant slice and dip into egg white. Next, dip each eggplant slice into flour, shake off the excess flour, and slip into skillet. Cook on both sides, turning once, until tender and golden, about 8 minutes total cooking time to finish all eggplant slices.

After cooking eggplant, place in a 9 X 13 glass-baking dish. Slice tomatoes crosswise and place one piece on each eggplant slice. Next, pour tomato sauce over top of eggplant and tomatoes. Top with cheese. Serve with whole wheat pasta.

Bake for 10-12 minutes covered with aluminum foil. Uncover and bake for 2 minutes until cheese bubbles.

Serves 4. One serving=3 slices eggplant

*Calories 270 Fat 8g Carbohydrate 41g Dietary Fiber 11g Protein 11g Sodium 200mg*

## **Tomato basil sauce**

1 small yellow onion, chopped  
2 cloves garlic, finely minced  
1 Tbsp olive oil  
28-oz can no salt added diced tomatoes  
6-oz can no salt added tomato paste  
1 tsp oregano  
1 tsp thyme  
1 tsp rosemary  
2 Tablespoons fresh chopped basil  
½ tsp crushed red pepper (optional)  
¼ tsp sea salt  
½ tsp fresh ground pepper

Heat oil in medium sauce pan over medium-high. Add onion and garlic. Sauté until onion is soft and garlic golden brown; about 7-8 minutes. Add diced tomatoes and tomato paste. Stir. Add remaining ingredients. Reduce heat to low. Cook for 30 minutes or longer.

Serves 8. One Serving=1/2 cup

*Calories 60 Fat 2g Carbohydrate 8g Dietary Fiber 2g Protein 2g Sodium 115mg*