

Eggplant Parmesan

Dartmouth-Hitchcock Food and Nutrition Services

Ingredients:

- 4 pounds eggplant
- ½ teaspoon salt
- 20 oz. marinara sauce or spaghetti sauce
- 1/3 cup bread crumbs
- 1 ½ tablespoons of olive oil
- 2 garlic cloves
- 2 pounds tomatoes
- Fresh basil
- 1 1/3 cup shredded mozzarella cheese
- ¾ cup of parmesan cheese
- Black pepper to taste

To prepare:

- Wash the eggplant and slice 1 ½ inches thick. Season each slice with salt, and grill on both sides. Let cool on a sheet tray. *** **Cook the eggplant only about half way.** ***
- Heat up marinara or spaghetti sauce and keep hot until needed for assembly.
- Toast bread crumbs and cool.
- Chop garlic cloves in olive oil. Heat and cool until assembly.
- Core and slice tomatoes, chop the basil.
- Coat a baking pan with non-stick cooking spray
- Assemble in pan, in this order:
 - 8 oz marinara sauce
 - Tbsp. parmesan cheese
 - Tbsp. bread crumbs
 - Layer grilled eggplant
 - Layer sliced tomato
 - ¼ cup mozzarella cheese
 - 2 tbsp. chopped basil
 - Drizzle olive oil and garlic mixture
 - Repeat eggplant layer
 - Top with 8 oz of marinara sauce
- Cook covered for 30 minutes at 350 degrees. Top with leftover cheeses and cook for 10 minutes uncovered.

Makes 12 slices | Serving size is 1 slice | 190 calories per serving | 20.5 gm carbohydrates | 9.1 gm protein | 9.4 gm fat | 41.6% calories/fat | 15 mg cholesterol | 344 mg sodium | 8 gm fiber | 91 mg calcium