



Niagara County Office for the Aging
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Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Eggplant Parmesan

Save a lot of calories, by not pan-frying the eggplant on top of the stove.
Makes 4 servings

1 eggplant (about 1.5 pounds) pared and sliced ½ inch thick
1 egg white, lightly beaten
½ cup seasoned Italian breadcrumbs
1 cup shredded mozzarella cheese
3 T. grated parmesan cheese

1. Preheat oven to 375 degrees. Spray baking sheets with non-stick cooking spray.
2. Coat eggplant slices with egg white, then bread crumbs. Arrange on prepared baking sheets: bake 30 minutes. Turn slices over, bake until browned on both sides, 10 minutes longer. Remove from oven. Leave oven on.
3. Spread ¼ cup sauce over bottom of 8 X 8 inch dish. Arrange half of eggplant in a single layer over sauce. Top with half of the remaining sauce, then half of the cheeses. Repeat layers. Bake, uncovered, until heated through and cheese is melted. 30-40 minutes.

Nutrition information: 193 calories, 3 gm fat, 4.3 gm fiber

This recipe is from Weight Watcher's. Each serving counts as 3 points