

Baked Eggplant Parmesan

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 2 slices eggplant and half the sauce

Ingredients

1 medium eggplant (about 1 pound), trimmed and cut lengthwise into four planks about ¾-inch in thickness, halve middle planks crosswise and cube outer planks, divided
¼ cup whole-wheat flour
1 egg, lightly beaten
½ cup panko or whole-wheat breadcrumbs
½ cup grated parmesan cheese, divided
½ teaspoon ground black pepper, divided
Nonstick cooking spray
1 tablespoon olive oil
Pinch salt
4 garlic cloves, minced (about 2 teaspoons)
Pinch-¼ teaspoon red pepper flakes, to taste
1 (14.5-ounce) can no-salt-added diced tomatoes
¼ cup shredded Italian blend cheese
4 tablespoons (¼ cup) chopped fresh basil, divided

Directions

1. Preheat oven to 450°F.
2. Add the flour to a shallow dish. Add the egg to a second dish. Add the breadcrumbs, ¼ cup of parmesan, and ¼ teaspoon of black pepper to a third dish.
3. Coat each piece of sliced eggplant lightly with the flour, then the egg, and then the breadcrumb mixture. Transfer the breaded eggplant slices to a wire cooling rack set inside a rimmed baking sheet and let sit for 5 minutes.
4. Spray the breaded eggplant lightly on both sides with nonstick spray and bake until tender and golden-brown, about 20-22 minutes, flipping halfway through the time.
5. Meanwhile, heat a large skillet or sauté pan over medium-high heat. Add the oil and heat until shimmering.
6. Add the chopped eggplant and salt. Cook, stirring often, until lightly-browned, about 3-4 minutes.
7. Add the garlic, red pepper, and the remaining ¼ teaspoon of black pepper. Cook until fragrant, about 30 seconds, then add the diced tomatoes with their juice.
8. Bring to a simmer and cook until the eggplant is tender and the sauce thickens, about 5-7 minutes. Set aside.
9. Combine the remaining ¼ cup parmesan and the Italian cheese in a small mixing bowl. Top the baked eggplant slices with cheese and bake until melted, about 2-3 minutes.
10. Transfer the eggplant slices to plates and spoon the sauce over the top. Serve warm, sprinkling each serving with 2 tablespoons of chopped basil.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 390 mg | Total Carbohydrate: 53 g | Dietary Fiber: 11 g | Protein: 13.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs