

EGGPLANT PARMESAN

Ingredients

- 2 large eggplants (3–4 pounds)
- 1 large egg
- 2 tablespoons water
- ¾ cup oats, coarsely ground (or oat flour)
- ½ cup + 2 tablespoons grated Parmesan cheese, divided
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon fine sea salt
- teaspoon black pepper
- 1 cup shredded mozzarella cheese
- 6 cups marinara sauce (recipe on page 9 of the Healthier Traditions: Italian Cookbook)
- fresh basil or parsley, for garnish

Directions

1. Preheat oven to 375°F. Brush 2 baking sheets with oil or line with parchment paper.
2. In a wide, shallow bowl, whisk together egg and water. In another bowl, combine oats, ½ cup Parmesan, oregano, basil, salt, and pepper.
3. Dip each eggplant slice in egg, letting excess drip off, then coat with breadcrumb mixture. Place on baking sheet. Bake until golden brown on bottom, about 20 minutes. Flip and continue baking until browned on other side, 20 minutes more. Remove from oven and raise heat to 400°F.
4. In a 9x13-inch baking dish (not baking sheet), spread 2 cups of marinara sauce. Arrange half the eggplant slices; cover with 2 cups of sauce, then ½ cup mozzarella. Repeat with remaining eggplant, sauce, and mozzarella. Sprinkle with remaining 2 tablespoons Parmesan. Bake about 15–20 minutes until sauce is bubbling and cheese is melted. Let stand 5 minutes before serving and add fresh parsley or basil, if desired.

1 ½ HOURS | SERVES 6

Nutrition Facts

244 calories | 11g fat | 4g saturated fat | 480mg sodium |
29g carbohydrate | 9g fiber | 9g sugar | 11g protein