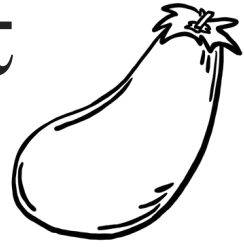




Eggplant Parm



Prep Time: 15 Min Cook Time: 30 Min Serves: 6

Ingredients:

- 1 large eggplant, cut into 1/2 inch cubes
- 2 Tbsp olive oil
- 1/3 cup whole wheat flour
- 1/2 tsp garlic powder
- pinch of salt
- 1/2 tsp pepper
- 2-3 Tbsp milk
- 3/4 cup unseasoned whole wheat breadcrumbs
- 2 cups low sodium spaghetti sauce
- 1 cup shredded parmesan cheese

Instructions:

1. Preheat the oven to 375° F. Coat the bottom of a medium sized casserole dish with a thin layer of spaghetti sauce.
2. Toss eggplant with enough olive oil to coat then toss with the garlic powder, salt, pepper, and flour until evenly coated. Add the milk and the breadcrumbs to the eggplant and toss to coat.
3. Arrange some of the eggplant in a single layer in the casserole dish and top with a thin layer of sauce and cheese. Repeat this until all of the eggplant is used or the casserole dish is full. Top with remaining cheese.
4. Bake on the center rack for 27-33 minutes or until cheese is golden brown and vegetables are at desired consistency.

Serve over whole wheat spaghetti or zucchini noodles!