Eggplant Parmesan with Italian Tomato Sauce
Home Recipe
Serves: 6
Prep Time: 25 minutes
Cook Time: 45 minutes

Ingredients

Italian Tomato Sauce
- ½ cup chopped onion
- 2 Tbsp chopped celery
- ¼ cup chopped green pepper
- 1 small garlic clove, minced
- 2 Tbsp olive oil
- 1 can of tomatoes, cut up (16 oz)
- 1/3 cup tomato paste
- 1 tsp dried parsley flakes
- ½ tsp salt
- ¼ tsp pepper
- 1 bay leaf

Eggplant Parmesan
- 1 medium eggplant, peeled and cut into ½ inch slices
- ¼ cup flour
- ½ cup bread crumbs
- ¼ tsp salt
- 2 egg whites, slightly beaten
- 1/3 cup grated Parmesan cheese
- 6 oz sliced whole milk Mozzarella cheese (reserve 2 oz for topping)

Nutrients Per One Cup Serving
- Calories 270
- Total Fat 13 g
- Saturated Fat 5 g
- Cholesterol 25 mg
- Sodium 800 mg
- Carbohydrates 27 g
- Dietary Fiber 5 g
- Protein 13 g
- Calcium 25% DV*
- Iron 15% DV*
- Vitamin C 30% DV*
- Vitamin A 15% DV*

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Eggplant Parmesan
1) Heat oven to 400°F. Combine flour, bread crumbs, and salt. Dip eggplant slices into beaten egg whites and then into mixture. Place slices on baking sheet that has been coated with cooking spray.

2) Bake for 15 minutes or until lightly brown. Alternate layers of eggplant, tomato sauce, and cheeses in a greased, glass baking dish. Top with reserved Mozzarella cheese cut into triangles. Bake uncovered at 400°F for 15 minutes.

Italian Tomato Sauce
1) Sauté onions, celery, green pepper and garlic in oil. Stir in tomatoes, tomato paste and seasonings. Boil gently uncovered about 15 minutes. Stir occasionally. Remove bay leaf.

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.