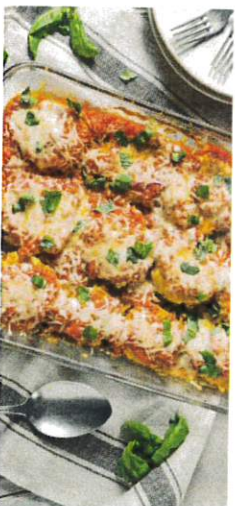


# Healthy Eggplant Parmesan

Prep Time: 10 Min Cook Time: 45 Min Total Time: 55 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 1.5 cups

Amount Per Serving

Calories 290

Calories from Fat 120

% Daily Value \*

Total Fat 14g

20%

Saturated Fat 5g

26%

Monounsaturated Fat 0g

0%

Polysaturated Fat 0g

0%

Cholesterol 28mg

9%

Sodium 797mg

35%

Total Carbohydrate 33g

11%

Dietary Fiber 11g

44%

Sugars 13g

Protein 12g

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

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 1 tbsp olive oil
- 2 medium eggplant, cut into rounds
- 2 tsp Italian seasoning
- 1/2 cup seasoned breadcrumbs
- 16 oz marinara sauce (look for low sugar)
- 1 cup shredded mozzarella cheese
- 1/4 cup fresh basil

## Directions

- 1 Preheat the oven to 400 degrees.
- 2 Cover 2 baking sheets with foil and spray with cooking spray. Place the eggplant in a single layer on the baking sheets. Brush with olive oil. Sprinkle with salt, pepper, and Italian seasoning. Then sprinkle breadcrumbs on top.
- 3 Bake for 20-25 minutes until softened.

4 Meanwhile, coat an 8 X 8 glass baking dish with cooking spray. Add about 1/3 of the sauce to the bottom. Add a layer of the baked eggplant. Sprinkle with 1/2 the cheese. Add more sauce, another layer of eggplant, more sauce, and then sprinkle the remaining cheese on top.

5 Cover with foil and bake for 20 minutes. Remove foil and let cheese brown if desired.

6 Serve with fresh basil.

## Notes

7 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

