

Eggplant Parmesan

2 medium eggplant, peeled and thinly sliced
2 eggs, beaten
2 cups Italian seasoned bread crumbs
4 cups spaghetti sauce, divided
2 cups mozzarella cheese shredded and divided
½ cup grated Parmesan cheese, divided
½ teaspoon dried basil

Directions:

1. Preheat oven to 350F.
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 7 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake in preheated oven for 40 minutes, or until golden brown. Serves 6-8.

Nutrient Analysis, per serving: 319 calories, 36g. carbohydrate, 17g. protein, 11g. fat, 1040mg. sodium