

Eggplant Parmesan

From *WeightWatchers.com*

4 Servings. 3 points/serving.

Prep time: 15 min

Cook time: 35 min

Ingredients

1 spray(s) cooking spray

1/3 cup(s) seasoned bread crumbs, Italian-style

1 Tbsp grated Parmesan cheese

1 tsp Italian seasoning

¼ tsp garlic powder

1 medium raw eggplant

2 large egg white(s), lightly beaten

1 ½ cup(s) canned tomato sauce

½ cup(s) part-skim mozzarella cheese, shredded

Directions

1. Preheat oven to 350°F. Coat a 9 X 13-inch baking dish with cooking spray; set aside.
2. Combine bread crumbs, Parmesan cheese, Italian seasoning and garlic powder in a medium-size bowl; set aside. Remove skin from eggplant and trim off ends; slice eggplant into 1/2-inch-thick slices.
3. Dip eggplant first into egg whites and then into bread crumb mixture. Bake eggplant on a nonstick cookie sheet until lightly browned, about 20 to 25 minutes, flipping once. *(This is where serious calorie saving happens! Most ecipes FRY the eggplant.)*
4. Place a layer of eggplant on bottom of prepared baking dish, then add 1/3 of tomato sauce and 1/3 of mozzarella cheese. Repeat with 2 more layers in same order. Bake until cheese is melted and sauce is bubbling, about 10 minutes more. Slice into 4 pieces and serve.

Cook's note: my eggplant must've been "small" rather than "medium," for I cooked the dish in a loaf pan rather than a 9x13. There's no way I could've had LAYERS of eggplant! But it was REALLY tasty. Baked it for a family in need of a meal and they loved it, too!