

Dr. Deb's Easy Eggplant Parm

Recipe Type: Entrée

Serves: 4

Prep Time: 15 minutes

Cooking Time: 1 hour

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 large eggplant
- 4 C whole wheat pasta, cooked
- 1 jar of reduced sodium tomato sauce
- 1½ C part-skim mozzarella cheese, shredded
- 3 T Italian seasoning
- Aluminum foil

What to do:

1. Wash your hands.
2. Turn the oven to 350°F.
3. Using a fork poke holes all around the eggplant then wrap it in tin foil.
4. Put the eggplant in the oven for 30–40 minutes. Take out the oven and let cool.
5. Cook pasta according to the directions on the package. Save 1 cup of pasta water for later.
6. Once cooled, remove the eggplant skin and peel it into strips about a ½ inch long.
7. In a small baking dish lay down the cooked pasta then add the eggplant strips on top.
8. Cover with tomato sauce.
9. Sprinkle the Italian seasoning and mozzarella cheese over top.
10. Cook it in the oven for another 10 minutes at 350°F or in the microwave for 6 minutes.
11. Enjoy!



This is a picture of 1 serving.

Contains Milk and Wheat

Nutrition Facts	
4 servings per container	
Serving size	1 Cup (358g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	20%
Total Carbohydrate 50g	18%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 345mg	25%
Iron 4mg	20%
Potassium 793mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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