

# GET HEALTHY. STAY HEALTHY.

## Memorial Health & Wellness Program

### HEALTHY RECIPE – Healthy Eggplant Parmesan

Healthy take on this classic comfort dish!

**Makes: 6 Prep Time: 25 minutes • Total Time: 70 minutes**

#### Ingredients

- 2 eggplants, (about 2 pounds total)
- 3 egg whites
- 3 tablespoons water
- 1 cup fine dry breadcrumbs
- 1/2 cup freshly grated Parmesan cheese, (1 ounce), divided
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup slivered fresh basil leaves
- 1/2 cup chopped bell pepper
- 1/2 cup chopped onions
- 1 tablespoon of Italian seasoning
- 1 chopped clove of garlic
- 1/2 tsp crush red pepper flake (optional)
- 3 cups tomato sauce
- 3/4 cup grated part-skim mozzarella cheese, (3 ounces)



#### Directions

- Preheat oven to 400°F. Coat two baking sheets and an 8-by-11 1/2-inch baking dish with nonstick cooking spray.
- Cut eggplants crosswise into 1/4-inch-thick slices. Whisk egg whites and water in a shallow dish until frothy. Combine breadcrumbs, 1/4 cup of the Parmesan, salt and pepper in another shallow dish. Dip the eggplant slices into the egg-white mixture, then coat with the breadcrumb mixture. (Discard any leftover breadcrumbs and egg white.)
- Arrange the eggplant slices in a single layer on the prepared baking sheets. Bake for 15 minutes, turn the eggplant slices over, and bake until crisp and golden, about 15 minutes longer.
- Simmer bell pepper onions and garlic in a sauce pan until they are soft in texture
- Add sauce to pan and stir basil into tomato sauce and red pepper flakes. Spread about 1/2 cup of the sauce in the bottom of the prepared baking dish. Arrange half of the eggplant slices over the sauce, overlapping slightly. Spoon the remaining sauce over the eggplant and sprinkle with half of the mozzarella cheese. Add a layer of the remaining eggplant slices and top with the remaining sauce, mozzarella and Parmesan. Bake, uncovered, until the sauce bubbles and the top is golden, 15 to 20 minutes.

**Nutrition** 203 calories; 6 g fat (3 g sat, 2 g mono); 13 mg cholesterol; 29 g carbohydrates; 12 g protein; 8 g fiber; 563 mg sodium; 777 mg potassium.

If you have questions about this topic or need a physician, contact LCMH Health and Wellness Program at 494-2992.



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