

Baked Eggplant Parmesan

4 servings

Vegetables provide important nutrients like vitamin A, vitamin C, potassium, folate (folic acid), and dietary fiber. It is important to eat a variety of vegetables because different vegetables provide different nutrients. Try to include different colored vegetables at each meal to make sure you are getting those important nutrients.

- 2 cups cornflakes, crushed*
- 1/4 cup Parmesan cheese, grated
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 egg
- 1 eggplant, scrubbed with a clean vegetable brush under running water, sliced into 1/4-inch thick slices
- 1 cup marinara sauce
- 1/2 cup part-skim Mozzarella cheese, shredded

1. Wash hands with soap and water.
2. Preheat oven to 425°F. Spray a large baking sheet with non-stick cooking spray. Set aside.
3. Combine cornflakes, Parmesan cheese, garlic powder, and Italian seasoning in a small shallow bowl.
4. Break the egg into a separate small, shallow bowl. Wash hands with soap and water after cracking the raw egg. Beat the egg.
5. Dip each eggplant slice into egg and then coat with crumb mixture.
6. Arrange coated eggplant pieces on the prepared baking sheet so they are not touching.
7. Throw away any remaining coating mix.
8. Bake 15 minutes. Flip each piece of eggplant and bake for 15 more minutes.
9. Spoon marinara sauce on top of each piece (about 2 Tablespoons) and top with Mozzarella cheese. Bake five more minutes or until cheese is melted.
10. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes:

*Dry bread crumbs or crushed cracker crumbs can be used instead of cornflakes.

Nutrition Information per Serving (1/4 of recipe): Calories 200, Total Fat 7g, Saturated Fat 3g, Cholesterol 55mg, Sodium 590mg, Total Carbohydrates 27g, Fiber 4g, Total Sugars 9g, includes 0g Added Sugars, Protein 10g, Vitamin D 6%, Calcium 15%, Iron 30%, Potassium 15%.