



RECIPE:

Baked Eggplant Parmesan

Number of Servings: 4

Ingredients:

- 2 cups cornflakes, crushed*
- 1/4 cup Parmesan cheese, grated
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 egg
- 1 eggplant, sliced into 1/4-inch thick slices
- 1 cup marinara sauce
- 1/2 cup part-skim Mozzarella cheese, shredded

Directions:

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.

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

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	(248g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 590mg	26%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 181mg	15%
Iron 5mg	30%
Potassium 605mg	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.	