

Eggplant Parmigiana



main meals

POINTS® Value: 3

Servings: 4

Preparation Time: 15 min

Cooking Time: 35 min

Level of Difficulty: Moderate

We slimmed down this fattening favorite. Baking the eggplant gives the dish a crispy texture without the fat that comes from frying.

Ingredients

- 1 spray(s) cooking spray
- 1/3 cup(s) seasoned bread crumbs, Italian-style
- 1 tbsp grated Parmesan cheese
- 1 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1 medium raw eggplant
- 2 large egg white(s), lightly beaten
- 1 1/2 cup(s) canned tomato sauce
- 1/2 cup(s) part-skim mozzarella cheese, shredded

Instructions

Preheat oven to 350°F. Coat a 9 X 13-inch baking dish with cooking spray; set aside.

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.

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.

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.

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