

## **Eggplant Parmesan**

*Adapted from The Complete Cooking Light Cookbook, ©2000*

**Yield:** 4-6 servings

### **Ingredients:**

- 28 ounces of jarred or homemade tomato sauce
- 2 pounds eggplant (peeled or unpeeled), cut crosswise into 1/4-inch slices
- 3 large egg whites, lightly beaten
- 1/4 tsp salt
- 1/3 cup water
- 1-1/2 cups Italian-seasoned breadcrumbs
- 1/3 cup grated Parmesan or Romano cheese
- 12-16 ounces shredded part-skim mozzarella cheese

### **Instructions:**

1. Preheat broiler.
2. Combine water, salt and egg whites in a shallow bowl. Combine breadcrumbs and Parmesan cheese in a second bowl.
3. Dip eggplant slices in egg white mixture, and dredge in breadcrumb mixture.
4. Place eggplant on greased baking sheets; broil 5 minutes on each side until browned.
5. Spread half of tomato sauce in a greased 13x9 inch baking pan.
6. Arrange half of eggplant over sauce, in a single layer; top with half of the mozzarella.
7. Repeat layers with the remaining tomato sauce, eggplant and mozzarella.
8. Bake at 350 for 30 minutes or until bubbly. Let stand 5 minutes before serving.