

Eggplant Parmesan

prep 40min ★ cook 25min ★ servings 8

INGREDIENTS

3 eggs, beaten
2.5 c panko crumbs
3 med eggplant, cut into 1/4-inch slices
2 packages of sliced mushrooms, cooked
1/2 tsp dried basil
1/8 teaspoon dried oregano
2 c shredded part-skim mozzarella cheese
.5 cup grated Parmesan cheese
1 jar red sauce

INSTRUCTIONS

Preheat oven to 350°. Place eggs and bread crumbs in separate shallow bowls. Dip eggplant in eggs, then coat in crumbs. Place on baking sheets coated with cooking spray. Bake 15-20 minutes or until tender and golden brown, turning once. In a small bowl, combine mushrooms, basil and oregano. In another small bowl, combine mozzarella and Parmesan cheeses. Spread 1/2 cup sauce into a 13x9-in. baking dish coated with cooking spray. Layer with a third of the mushroom mixture, a third of the eggplant, 3/4 cup sauce and a third of the cheese mixture. Repeat layers twice. Bake, uncovered, at 350° for 25-30 minutes or until heated through and cheese is melted.

