



Eggplant Parmesan with Italian Tomato Sauce

Home Recipe

Serves: 6
Prep Time: 25 minutes
Cook Time: 45 minutes

Ingredients

Italian Tomato Sauce

- ½ cup chopped onion
- 2 Tbsp chopped celery
- ¼ cup chopped green pepper
- 1 small garlic clove, minced
- 2 Tbsp olive oil
- 1 can of tomatoes, cut up (16 oz)
- 1/3 cup tomato paste
- 1 tsp dried parsley flakes
- ½ tsp salt
- ½ tsp dried oregano leaves
- ¼ tsp pepper
- 1 bay leaf

Eggplant Parmesan

- 1 medium eggplant, peeled and cut into ½ inch slices
- ¼ cup flour
- ½ cup bread crumbs
- ½ tsp salt
- 2 egg whites, slightly beaten
- 1/3 cup grated Parmesan cheese
- 6 oz sliced whole milk Mozzarella cheese (reserve 2 oz for topping)

Cooking Instructions

Italian Tomato Sauce

- 1) Sauté onions, celery, green pepper and garlic in oil. Stir in tomatoes, tomato paste and seasonings. Boil gently uncovered about 15 minutes. Stir occasionally. Remove bay leaf.

Eggplant Parmesan

- 1) Heat oven to 400° F. Combine flour, bread crumbs, and salt. Dip eggplant slices into beaten egg whites and then into mixture. Place slices on baking sheet that has been coated with cooking spray.
- 2) Bake for 15 minutes or until lightly brown. Alternate layers of eggplant, tomato sauce, and cheeses in a greased, glass baking dish. Top with reserved Mozzarella cheese cut into triangles. Bake uncovered at 400° F for 15 minutes.

Nutrients Per One Cup Serving

• Calories	270	• Dietary Fiber	5 g
• Total Fat	13 g	• Protein	13 g
• Saturated Fat	5 g	• Calcium	25% DV*
• Cholesterol	25 mg	• Iron	15% DV*
• Sodium	800 mg	• Vitamin C	30% DV*
• Carbohydrates	27 g	• Vitamin A	15% DV*

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



For More Information

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