Baked Eggplant Parmesan

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 2 slices eggplant and half the sauce

**Ingredients**

1 medium eggplant (about 1 pound), trimmed and cut lengthwise into four planks about ¾-inch in thickness, halve middle planks crosswise and cube outer planks, divided

¼ cup whole-wheat flour

1 egg, lightly beaten

½ cup panko or whole-wheat breadcrumbs

½ cup grated parmesan cheese, divided

½ teaspoon ground black pepper, divided

Nonstick cooking spray

1 tablespoon olive oil

Pinch salt

4 garlic cloves, minced (about 2 teaspoons)

Pinch-¼ teaspoon red pepper flakes, to taste

1 (14.5-ounce) can no-salt-added diced tomatoes

¼ cup shredded Italian blend cheese

4 tablespoons (¼ cup) chopped fresh basil, divided

**Directions**

1. Preheat oven to 450°F.

2. Add the flour to a shallow dish. Add the egg to a second dish. Add the breadcrumbs, ¼ cup of parmesan, and ¼ teaspoon of black pepper to a third dish.

3. Coat each piece of sliced eggplant lightly with the flour, then the egg, and then the breadcrumb mixture. Transfer the breaded eggplant slices to a wire cooling rack set inside a rimmed baking sheet and let sit for 5 minutes.

4. Spray the breaded eggplant lightly on both sides with nonstick spray and bake until tender and golden-brown, about 20-22 minutes, flipping halfway through the time.

5. Meanwhile, heat a large skillet or sauté pan over medium-high heat. Add the oil and heat until shimmering.

6. Add the chopped eggplant and salt. Cook, stirring often, until lightly-browned, about 3-4 minutes.

7. Add the garlic, red pepper, and the remaining ¼ teaspoon of black pepper. Cook until fragrant, about 30 seconds, then add the diced tomatoes with their juice.

8. Bring to a simmer and cook until the eggplant is tender and the sauce thickens, about 5-7 minutes. Set aside.

9. Combine the remaining ¼ cup parmesan and the Italian cheese in a small mixing bowl. Top the baked eggplant slices with cheese and bake until melted, about 2-3 minutes.

10. Transfer the eggplant slices to plates and spoon the sauce over the top. Serve warm, sprinkling each serving with 2 tablespoons of chopped basil.

_Nutrition Facts Per Serving: Calories: 370 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 390 mg | Total Carbohydrate: 53 g | Dietary Fiber: 11 g | Protein: 13.5 g

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