Eggplant Parmesan
From – Moosewood Restaurant Low-Fat Favorites

2 large eggplants, cut crosswise into 1/2” slices (about 2 lbs)
4 egg whites
¼ tsp salt
2 cups whole wheat bread crumbs
1/3 cup finely grated Parmesan cheese
1 large garlic clove, minced or pressed
2 tsp dried basil
3 ½ cups Tomato Wine Sauce
1 cup nonfat ricotta cheese
2 cups grated low-fat mozzarella cheese (about 8 oz)

• Preheat oven to 350 degrees.
• Slice the eggplant and set aside.
• Find a bowl in which the eggplant rounds can lie flat and lightly beat the egg whites and salt in it.
• In another large bowl, combine the bread crumbs, Parmesan cheese, garlic and basil.
• Dip the eggplant slices in the egg whites, then dredge them in the bread crumb mixture to coat both sides evenly.
• Place the breaded slices on a baking sheet that has been prepared with cooking spray.
• Should you have any leftover bread crumb mixture, set it aside.
• Bake the eggplant for about 20 minutes on each side until tender and easily pierced with a fork.
• Spread about half of the sauce in the bottom of an 8” x 12” glass or nonreactive baking dish.
• Layer about half of the eggplant slices on top of the sauce.
• Spread all of the ricotta cheese evenly on the eggplant and top with about 1 ½ cups of the mozzarella.
• Use the rest of the eggplant slices for a second layer.
• Cover them with the remaining sauce and any extra bread crumb mixture.
• Sprinkle the top with the final ½ cup of mozzarella and bake, uncovered, for 25 to 30 minutes until the cheese in melted and bubbly.