



## Healthier Eggplant Parmesan II

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Prep	Cook	Ready In
25 m	35 m	1 h

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"I like this recipe because it is not fried and very tasty. I like to make it healthier by using whole wheat breadcrumbs and reducing the amount of fat. Also, by using mostly egg-whites instead of whole eggs I am able to reduce the cholesterol level."

### Ingredients

1 whole egg	6 cups spaghetti sauce, divided
3 egg whites	3/4 pound part-skim mozzarella cheese, shredded and divided
1 tablespoon water	1/2 cup grated Parmesan cheese, divided
3 eggplant, peeled and thinly sliced	1/2 teaspoon dried basil
2 cups whole wheat bread crumbs	

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Beat together egg, egg whites, and water in a shallow bowl. Dip eggplant slices in egg, then bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven until fork tender, 7 to 10 minutes on each side.
- 3 Spread spaghetti sauce to cover the bottom of a 9x13-inch baking dish. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with cheeses. Sprinkle basil on top.
- 4 Bake in preheated oven until golden brown, about 35 minutes.

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