



Healthy Eggplant Parm

PREP: 1 Hour

INGREDIENT LIST:

- 4 large eggplants
- Breadcrumbs
- 4 Eggs
- 1/4C Milk
- Marinara sauce
- Low-fat cottage cheese
- Mozzarella cheese

RECIPE INSTRUCTIONS:

1. Make a mixture of 4 beaten eggs & 1/4 cup of milk
2. Dip eggplant in eggwash, then in the breadcrumbs. Pat breadcrumbs firmly onto the eggplant.
3. Place eggplant on baking sheet & bake at 350 for 20 minutes (this takes all the water out of the eggplant).
4. In a 9 x 13 x 6 deep pan, put marinara sauce on the bottom of the pan
5. Add a layer of eggplant topped with low-fat cottage cheese and more sauce, plus mozzarella cheese.
6. Repeat until all the eggplant is gone.
7. Bake at 350 for 30 to 45 minutes

