



LeiHall Farm Recipes

Light Italian Eggplant Parmesan

- 1 large or 2 small eggplant, cut in 1/4-inch slices
- 1 tablespoon olive oil
- 3 tablespoons grated Parmesan cheese
- 1 teaspoon turmeric
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 chopped cloves fresh garlic
- Teaspoon dried leaf oregano, crumbled or 1 tablespoon fresh oregano
- 2 teaspoons fresh, chopped rosemary leaves
- 1 can (8 ounces) tomato sauce
- 4 ounces shredded part-skim mozzarella cheese
- 1/4 cup Italian seasoned bread crumbs

Bring large kettle of water to a boil; remove from heat. Drop in eggplant slices; let stand 5 minutes. Drain eggplant slices; blot dry with paper toweling. Heat oil in nonstick skillet; brown eggplant on both sides. In a bowl, combine Parmesan cheese, salt, pepper, garlic powder, oregano and tomato sauce. Spread a little tomato sauce mixture over the bottom of a 9-inch square shallow baking dish. Arrange eggplant sliced in layers with mozzarella cheese. Pour remaining sauce mixture over the eggplant and cheese; top with breadcrumbs.

Bake eggplant Parmesan at 350° for 50 minutes, or until bubbly.

Using light and low-fat cheeses to makes this eggplant Parmesan recipe low in fat and calories.