

Napoleon Eggplant Parmesan

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 tablespoon extra virgin olive oil
1 clove garlic, minced
4 large tomatoes, diced
1 small yellow onion
½ cup sliced mushrooms
a pinch of salt
1 teaspoon ground black pepper
5 leaves fresh basil, cut julienne
3 sprigs fresh oregano

1 cup egg substitute
2 tablespoons water
3 tablespoons fresh basil, minced
2 cloves garlic, minced
¾ teaspoon crushed red pepper flakes
A pinch of salt
2 tablespoons extra virgin olive oil
2 eggplants, sliced 1/4 inch
½ cup grated Parmesan cheese
1 cup shredded low fat mozzarella cheese
black pepper for garnish

Directions

Heat 1 tablespoon of oil in a medium skillet. Combine the first nine ingredients and simmer 2-3 minutes to blend flavors. Reserve.

In a small bowl beat the egg and water together. Mix in the basil, garlic, red pepper flakes and salt. Heat the remaining oil in a large skillet over medium-high heat until hot.

Dip eggplant slices in egg mixture then into the skillet. Cook for 3 to 4 minutes per side or until golden brown and tender.

Combine the parmesan and mozzarella cheese.

In a greased baking dish, place a single slice of eggplant, then a spoon of tomato mixture, then a spoon of cheese. Repeat this layering to create a tower three eggplant slices thick. Using the remaining ingredients tower the rest of the eggplant in the baking dish.

Sprinkle the top of each tower with coarse ground black pepper.

Bake in a 300 degree oven for 15 - 20 minutes or until the cheese is melted.

Exchanges per serving:

1 ½ Meats, 3 ½ Vegetables, 2 Fats

Nutrients per serving:

Calories: 278

Calories from fat: 149

Total Fat: 17g

Saturated Fat: 5g

Cholesterol: 19mg

Sodium: 337mg

Carbohydrate: 20g

Dietary Fiber: 8g

Protein: 15g