

# BAKED EGGPLANT PARMESAN

## Ingredients

2 medium eggplants, sliced lengthwise 1/4"  
to 1/2" thick  
2 tbsp olive oil  
1 c. flavoured tomato sauce  
3/4 c parmesan cheese  
1/4 c part skim mozzarella  
Non-stick spray

## Method

- Preheat oven to 400°
  - Place eggplant slices on 2 parchment-lined cookie sheets
  - Brush with olive oil
  - Bake in preheated oven for 40-50 minutes
  - Allow to cool slightly
  - Place single layer of eggplant in sprayed, 8 x 11 baking dish
  - Spread 1/3 c. tomato sauce over eggplant
  - Sprinkle 1/4 c parmesan cheese over tomato sauce
  - Continue 2 more layers finishing off with parmesan cheese
  - Sprinkle mozzarella over all
- \*\*\* *Can be covered with plastic wrap & refrigerated at this point* \*\*\*
- Bake, uncovered, in a preheated 350° oven for 20-25 minutes until cheese nicely melted & golden brown