

Eggplant Parmesan

Description

Low calorie, easy meal.

Summary

Yield: 8

Source: Relish Magazine

Prep Time: 20 minutes

Category: Main Dish

Cuisine: Italian

Ingredients

- 3 Medium eggplants, sliced into 1/2 inch slices
- 1/2 cup ev olive oil
- 2 clove garlic, minced
- 1 tbsp Italian herb mix
- 1 tsp kosher salt
- 5 cups Marinara sauce (jarred or homemade)
- 8 oz Provolone cheese (sliced)
- 1 cup Parmigiano Reggiano or Asiago Cheese, grated
- 8 fresh basil leaves

Instructions

Place eggplant slices on a large pan, rub with olive oil and garlic, Italian herbs, salt and pepper. Let stand 5 minutes.

Preheat oven to 350F.

Heat grill or large non-stick grill pan. Spray pan with oil and saute eggplant slices, until lightly brown on both sides.

Spoon 1/2 cup marinara into 13x9 pan. Top with about 6 eggplant slices, 6 cheese slices and a few basil leaves. Top with 1 1/2 cups sauce and repeat layering, ending with sauce and Parm/Regg cheese

Cover with foil and bake 20 minutes. Remove foil and bake an additional 10-15 minutes.