

EGGPLANTS



IN SEASON

June - October

HOW TO SELECT

Choose small to medium eggplants. Large eggplants may have hard seeds & be bitter. Choose a firm, smooth-skinned eggplant that is heavy for its size & free of brown or soft spots.

HOW TO STORE

Refrigerate in a plastic bag up to 7 days. Eggplant may also be blanched & frozen up to 6 months.

HELPFUL TIP

Leave skin on the eggplant for added fiber, vitamins & minerals.

EGGPLANT PARMESAN

EGGPLANTS



Nutrition Facts

Serving size: 2 slices (202g)
Servings Per Recipe 8



Amount Per Serving

Calories 207 Calories from Fat 65

% Daily Value

Total Fat 7g	10%
Saturated Fat 0g	10%
Trans Fats 0g	
Cholesterol 0mg	35%
Sodium 191mg	8%
Total Carbohydrate 27g	8%
Dietary Fiber 6g	20%
Sugars 4g	
Protein 10g	
Vitamin A 10%	Vitamin C 15%
Calcium 8%	Iron 10%

30 MIN | SERVES 8

INGREDIENTS:

- 1 Tbsp olive oil
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- 1 (8 oz) can no-salt-added tomato sauce
- 1 lemon, juiced
- 1/4 cup Italian seasoning, divided
- 4 tsp garlic powder, divided
- 25 multi-grain saltine crackers, crushed
- 1 Tbsp onion powder
- 1 1/2 tsp pepper
- 1 cup whole-wheat flour
- 4 eggs, whisked
- 2 medium **EGGPLANTS**, sliced
- Non-stick cooking spray
- 1/2 cup shredded part-skim mozzarella cheese

PREPARATION:

1. Preheat oven to 350°F.
2. In a saucepan, heat oil over medium-high. Add tomatoes, tomato sauce, lemon juice, 2 Tbsp Italian seasoning & 2 tsp garlic powder. Reduce heat & simmer, stirring occasionally.
3. Meanwhile, in a small bowl, mix crackers, remaining garlic powder, Italian seasoning, onion powder & pepper.
4. Place flour, eggs & cracker mixture in separate bowls. Coat eggplant in flour, dip in egg, & cover in cracker mixture.
5. Coat baking sheet with cooking spray. Put eggplant on sheet & lightly cover with cooking spray. Bake 30-40 minutes, or until golden brown.
6. Top with tomato sauce & cheese. Serve immediately.