

Vegetarian Eggplant Parmesan

RECIPE MAKES: 6 SERVINGS

INGREDIENTS

- 1 teaspoon olive oil
- 1 yellow onion, chopped
- 2 red bell peppers, chopped
- 1 carrot, chopped
- 1 cup shiitake mushrooms, chopped
- 2 garlic cloves, finely minced
- 15 ounces tomato sauce (no added salt)
- 1 ½ tsp oregano
- 2 cups bread crumbs (no added salt)
- ½ cup almond milk
- 2 large eggplants, cut into ¾ inch rounds
- 3.5 cups part-skim mozzarella cheese, shredded

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	16 ounces
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 650mg	28%
Total Carbohydrate 51g	19%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 526mg	40%
Iron 1mg	6%
Potassium 870mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Preheat oven to 375°F.
2. In a medium bowl mix bread crumbs, oregano, and black pepper.
3. Pour milk into a separate bowl. Dip each eggplant round into milk and then into breadcrumbs.
4. Place prepared egg plants onto a greased baking sheet. Bake for 20 minutes.
5. While eggplants are cooking heat the olive oil in a medium skillet over medium heat. Add onion, bell peppers, carrot, mushrooms, and garlic and cook for 6-8 minutes or until soft.
6. In an 11x9 baking dish spread a thin layer of tomato sauce and half of the cheeses.
7. Next, layer with prepared eggplants, vegetable mixture, and top off with remaining sauce and cheese.
8. Bake for 40 minutes or until cheese is bubbling. Remove from oven and let sit for 10 minutes.
9. Enjoy!



Healthy Options