



Eggplant Parmesan

★★★★☆

Course	Main Course
Cuisine	American
Keyword	Eggplant Parmesan
Prep Time	10 minutes

Cook Time 50 minutes

Total Time 1 hour

Servings 4

Calories 249kcal

Ingredients

- 1 medium eggplant
- 1 large egg
- 1/4 cup milk
- 1/8 teaspoon [black pepper, ground](#)
- 1 cup panko (Japanese bread crumbs)
- 1 ounce Parmesan cheese
- 1 tablespoon basil, dried
- 1 none [cooking spray](#)
- 1 1/2 cup spaghetti or marinara sauce
- 3 ounce mozzarella cheese

Instructions

1. Preheat oven to 350 degrees.
2. Slice egg plant 1/4 inch thick.
3. In a shallow dish combine egg, milk, and pepper. In another bowl stir together Panko, Parmesan cheese, and basil.
4. Dip eggplant slices in the milk mixture to coat, then dip both sides in the cracker mixture.
5. Spray a 9x13 inch baking dish with nonstick spray coating and arrange eggplant in dish.
6. Pour marinara over eggplant.
7. Bake for 40 minutes or until the eggplant is tender.
8. Sprinkle with mozzarella cheese. Bake uncovered for 10 minutes more.

Nutrition

Calories: 249kcal | Carbohydrates: 29g | Protein: 14g | Fat: 9g | Saturated Fat: 4g | Cholesterol: 70mg | Sodium: 732mg | Fiber: 7g | Sugar: 11g