

Eggplant Parmigiana II

Helen Palecki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*1 large eggplant
1/2 cup oil
1 jar (15-1/2 ounce) Prima
Salsa
1/2 cup water
1/2 pound shredded
mozzarella cheese
2 sticks (about 5 ounce)
pepperoni sausage, sliced
1/4 cup grated Parmesan
cheese*

Peel the eggplant. Cut into one-half inch thick slices.

In a twelve-inch skillet, brown the eggplant in oil.

In a bowl, combine the salsa and water.

Arrange half of the eggplant slices in a casserole dish. Pour one-half of the salsa over the top. Sprinkle with one-half of the mozzarella cheese and layer with one-half of the pepperoni. Repeat the layers. Top with the Parmesan cheese.

Bake in the oven at 350 degrees for 30 minutes.

(Large zucchini can be substituted for the eggplant.)

Per Serving (excluding unknown items): 732 Calories; 65g Fat (80.4% calories from fat); 28g Protein; 8g Carbohydrate; 2g Dietary Fiber; 103mg Cholesterol; 1929mg Sodium. Exchanges: Lean Meat; 1 Vegetable; 11 Fat