

# **Eggplant Parmigiana**

CLASSICO Italian Foods To Savor - page 30

**Servings: 6**

**salt**

**2 large eggplants, whole, sliced into rounds, 1/2"**

**Flour**

**Olive oil for frying**

**1 jar (26 oz) Four Cheese pasta sauce**

**1 1/2 cups (6 oz) mozzarella cheese, shredded**

**1/3 cup freshly grated Parmesan cheese**

**Additional freshly grated Parmesan cheese**

Lightly salt eggplant rounds and let stand for 60 to 90 minutes to draw out bitter juices; pat dry.

Lightly toss eggplant in flour; remove and set aside.

In large skillet, over medium heat, heat 6 tablespoons oil, fry eggplant rounds, 2 or 3 at a time, cooking until both sides are golden brown, adding more oil as necessary. Place cooked eggplant on paper towel-lined trays to absorb excess oil.

Spread a thin layer of pasta sauce in 11x7-inch baking dish. Top with one-third eggplant, one-third pasta sauce, one-half mozzarella cheese and one-third of the 1/3 cup Parmesan cheese.

Repeat layers, ending with eggplant.

Top with remaining sauce and remaining Parmesan cheese.

Bake, uncovered, for 25 to 30 minutes.

Let stand 15 minutes before serving.

Serving Ideas: Serve with additional Parmesan cheese.

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Per Serving (excluding unknown items): 130 Calories; 7g Fat (48.1% calories from fat); 8g Protein; 10g Carbohydrate; 4g Dietary Fiber; 25mg Cholesterol; 122mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable; 1 Fat.