

# Eggplant Parmigiana

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## Servings: 4

*2 (about one pound)*

*eggplants*

*2 eggs*

*bread crumbs*

*grated mozzarella cheese*

*Parmesan cheese*

*tomato sauce*

*oregano*

*olive oil*

Preheat the oven to 350 degrees.

Peel and dice the eggplant. Dip the eggplant slices into a dish of beaten eggs and a dish of breadcrumbs. Fry lightly. Drain on paper towels.

Place some tomato sauce on the bottom of a casserole dish. Add a layer of eggplant slices, tomato sauce, mozzarella cheese, Parmesan cheese and oregano. Continue layering until all of the ingredients are used, ending with a layer of cheese and oregano.

Cover with aluminum foil.

Bake for approximately 35 minutes. Uncover and continue baking until all of the cheese is melted.

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Per Serving (excluding unknown items): 97 Calories; 3g Fat (25.0% calories from fat); 5g Protein; 14g Carbohydrate; 6g Dietary Fiber; 106mg Cholesterol; 42mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fat.