



Eggplant Parmesan

3 eggplants, cut in ½-inch slices	1½ cups seasoned bread crumbs	1 (16-ounce) bag shredded mozzarella cheese, made with skim milk
1 tablespoon salt	1 cup grated Parmesan cheese	
3 eggs	2 (24-ounce) jars prepared marinara sauce	
½ cup water		
⅓ cup flour		

Place eggplant slices in a large bowl in layers, lightly **sprinkling** each layer with salt. Let **stand** for 30 minutes. **Drain** liquid from bowl. **Rinse** and **dry** slices on paper towels. **Whisk** together eggs, water and flour. In a separate bowl, **mix** seasoned bread crumbs with Parmesan cheese. **Dip** eggplant slices in egg mixture, then **dredge** on both sides in bread crumb mixture. **Place** the breaded slices in a single layer on a greased baking sheet. **Bake** at 400 degrees F for 15 to 18 minutes, or until lightly golden. **Place** ⅓ of the baked

eggplant slices into a greased 13-by-9-by-2-inch baking pan. **Top** with ⅓ of the marinara sauce (about 1½ cups) and ⅓ of the shredded cheese. **Repeat** the layers two more times. **Bake** at 400 degrees F for 15-20 minutes or until marinara is bubbly and cheese is melted and lightly golden.

Yield: 12, 3-inch square servings

Nutritional Analysis: 290 calories, 12 g fat, 6 g saturated fat, 90 mg cholesterol, 130 mg sodium, 30 g carbohydrate, 3 g fiber, 11g sugar, 18 g protein.

Kentucky Eggplant

SEASON: Late June to October.

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase, uncut and unwashed in the vegetable crisper or the coldest part of the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled,

fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions and cheese. One pound equals 3 cups diced.

Eggplant should be peeled before preparation, unless it is very young and tender.

To broil or grill: Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

KENTUCKY EGGPLANT

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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