

Eggplant and Spinach Parmesan

Melissa d'Arabian - Associated Press
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Servings: 8

2 medium eggplants (1.5 to 2 pounds total)
1 tablespoon granulated garlic
olive oil mister (or nonstick cooking spray)
1 container (15 ounce) part-skim ricotta cheese
1 egg white
1/4 cup grated Parmesan cheese
2 teaspoons dried Italian herb seasoning
5 cups baby spinach
1 cup shredded part-skim mozzarella cheese
4 cups prepared marinara sauce (no sugar added)
1 teaspoon Kosher salt
1/4 teaspoon ground black pepper
1/4 cup shredded part-skim mozzarella cheese (for topping)

Preheat the oven to 375 degrees.

Slice the eggplant into one-quarter-inch slices. Place the slices on a large baking sheet fitted with a baking rack. Sprinkle with one-half the garlic and 1/4 teaspoon of the Kosher salt. Spray lightly with the olive oil mister.

Bake for 10 minutes. Flip over the slices. Season the second side with the remaining garlic, another 1/4 teaspoon of Kosher salt. Spray lightly with the olive oil mister. Bake for an additional 10 minutes or until the slices are tender (but not falling apart). Allow to cool enough to handle. Lower the oven temperature to 350 degrees.

In a small bowl, mix together the ricotta, egg white, Parmesan cheese, Italian herb seasoning, black pepper and remaining salt.

Spray the inside of a medium-sized baking or casserole dish. Place one-half cup of the marinara sauce at the bottom of the dish.

Layer in order, one-half of the eggplant, one-half of the ricotta cheese, one-half the spinach, one-half of the mozzarella and one-half of the remaining sauce. Repeat the layers, ending with the sauce. Top with the remaining mozzarella cheese. Cover with an oven-safe lid or with foil (spray lightly with oil to avoid sticking).

Bake until hot and bubbly, about 45 minutes. Remove the cover halfway through the baking time. Let sit at least 10 minutes before serving.

CHEF'S TIP: The dish will firm up as it cools, if you are trying to cut neater squares.

Per Serving (excluding unknown items): 60 Calories; 3g Fat (48.3% calories from fat); 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 327mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat.