

Eggplant Parmesan II

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Servings: 4

*1 medium eggplant
1 egg, unbeaten
2 tablespoons water
1/2 to 3/4 package dried
bread crumbs
salad oil
1/2 teaspoon Italian
seasoning
1/2 teaspoon savory
1/2 cup grated Parmesan
cheese
1 cup (or more) tomato
sauce
1/2 teaspoon oregano
1 package (8 ounce)
Mozzarella cheese, sliced*

Preheat the oven to 375 degrees.

Cut the eggplant into 1/2 inch crosswise slices.

In a bowl, beat the egg with water. Dip the eggplant slices into the egg mixture, then into the dried bread crumbs.

In a large skillet with 1/4 inch of salad oil ,saute' a few eggplant slices until they are brown on the outside and fork tender. Repeat, using 1/4 cup of oil each time, until all of the eggplant slices have been saute'd.

Over the bottom of a greased two-quart casserole, layer half of the eggplant slices, then half of the tomato sauce, half of the oregano, half of the Italian seasoning, half of the savory, half of the Parmesan and half of the Mozzarella. Repeat the layers.

Bake for 30 to 40 minutes.

Per Serving (excluding unknown items): 204 Calories; 12g Fat (49.4% calories from fat); 14g Protein; 13g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 696mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 1 Fat.