

# Eggplant Parmesan

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## Servings: 4

*2 tablespoons olive oil  
1 1/2 cups onion, chopped  
4 cloves garlic, chopped  
2 cups Italian plum tomatoes  
1 can (6 ounce) tomato paste  
1 cup water  
1 bay leaf  
salt (to taste)  
pepper (to taste)  
1 teaspoon basil  
2 medium eggplants  
1 cup Parmesan cheese*

Preheat the oven to 350 degrees.

In a large skillet, heat the olive oil. Add the onion and garlic. Cook until the onion is transparent. Add the tomatoes, tomato paste, water, bay leaf, salt, pepper and basil. Allow the mixture to cook, uncovered, until thick, about 30 minutes. Stir often to break up the tomatoes.

Meanwhile, peel and slice the eggplant into 1/2-inch thick slices. Place the slices on a cookie sheet. Place a rack under the broiler. Broil close to the heat until the eggplant loses moisture and begins to shrink. When it begins shrinking, flip the eggplant over and broil for another few minutes. Remove from the oven. Set aside.

When the sauce has reached a desired thickness, place about 1/2 cup in the bottom of a baking dish. Line the dish with eggplant slices. Top with a thin layer of sauce. Sprinkle with a little cheese. Repeat until all of the ingredients are used, ending with cheese.

Bake for 20 minutes or until heated through.

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Per Serving (excluding unknown items): 285 Calories; 14g Fat (40.7% calories from fat); 14g Protein; 32g Carbohydrate; 9g Dietary Fiber; 16mg Cholesterol; 650mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 6 Vegetable; 2 Fat.