

Lightened-Up Eggplant Parmesan

Relish Cooking Show Chef Steve Petusevsky
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Servings: 8

3 medium Italian eggplants, peeled and cut lengthwise into 1/2-inch slices (about 6 slices per eggplant)
1/4 cup extra-virgin olive oil
2 cloves garlic, minced
1 tablespoon dried Italian herb mix
1 teaspoon coarse salt
freshly ground black pepper
nonstick cooking spray
5 cups favorite marinara sauce
8 ounces provolone cheese, sliced
1 cup Parmigiano-Reggiano or Asiago cheese, grated
8 fresh basil leaves, whole

Preheat the oven to 350 degrees.

Place the eggplant slices on a large pan or platter. Rub with olive oil, then garlic, Italian herbs, salt and pepper. Let stand for 5 minutes.

Heat the grill or a large nonstick grill pan. Spray the pan with oil and saute' the eggplant slices until lightly brown on both sides.

Spoon 1/2 cup of the marinara sauce into a 13x9-inch casserole dish. Top with about six eggplant slices, six cheese slices and a few basil leaves. Top with 1-1/2 cups of the marinara sauce.

Repeat the layering ending with the marinara sauce and the Parmigiano-Reggiano cheese.

Cover with foil and bake for 20 minutes.

Remove the foil and bake an additional 10 to 15 minutes until the surface is golden brown.

Per Serving (excluding unknown items): 205 Calories; 15g Fat (61.7% calories from fat); 9g Protein; 11g Carbohydrate; 4g Dietary Fiber; 20mg Cholesterol; 489mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable; 2 Fat.