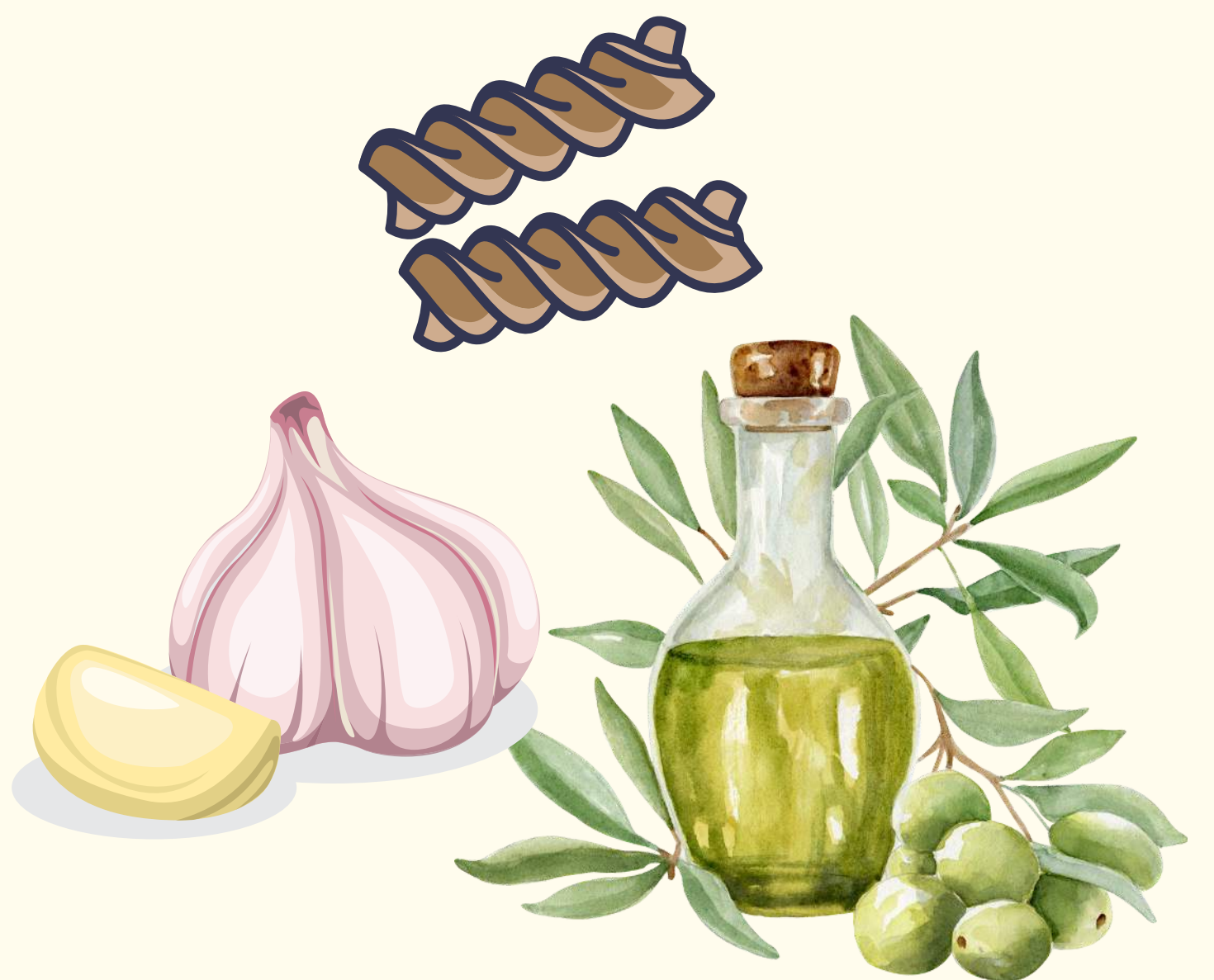


Baked Eggplant Parmesan

Ingredients:

- 2 medium eggplants, sliced into rounds
- 2 eggs, beaten
- 1½ cups whole wheat breadcrumbs
- ½ cup grated Parmesan cheese
- 1 cup shredded mozzarella
- 2 cups marinara sauce
- Olive oil spray
- Fresh basil (optional)
- Salt & pepper



Instructions:

- Preheat oven to 400°F (200°C).
- Dip eggplant slices in egg, then breadcrumbs mixed with Parmesan.
- Place on baking sheet, spray with olive oil. Bake 20 minutes.
- In a baking dish, layer marinara, eggplant, mozzarella. Repeat.
- Bake 25 minutes until golden and bubbly.
- Garnish with fresh basil.