



Eggplant Parmesan

Instructions:

Coat a pan with 3 seconds of Pam and add the eggplant slices.

Mix the tomato sauce with spices and add to the pan.

Cook covered on a low flame for 15 minutes, stirring occasionally so that it cooks evenly.

Sprinkle mozzarella cheese on top and cook covered for another 5 minutes.

Counts as 1 lunch

Prep Time:

3 minutes

Cook Time:

20 minutes

Ingredients:

1 medium eggplant - cut into thin slices (1/4 inch thick)

3/4 cup tomato sauce

1/3 cup low-fat mozzarella cheese

salt, pepper, basil, & garlic powder to taste

Pam