



Eggplant Parmesan

Instructions:

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

Mix tomato sauce with spices and add to the pan.

Cook covered on a low flame for 12 minutes, stirring occasionally so that it cooks evenly.

Sprinkle mozzarella cheese on top and cook covered for another 3 minutes.

Counts as 1 lunch

Prep Time:

3 minutes

Cook Time:

15 minutes

Ingredients:

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

1/2 cup tomato sauce

1/4 cup low-fat mozzarella
cheese

salt, pepper, basil, & garlic
powder to taste

Pam