

EGGPLANT PARMIGIANA

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe square dish

Paper towel

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 eggplant [(1¹/₄ lb. (625 g))] 1

1/3 cup dry bread crumbs 75 ml

1/4 cup grated Parmesan cheese 50 ml

2 tbsp butter, melted 25ml

2 cups spaghetti sauce 500 ml

1/2 tsp oregano 2ml

1/2 tsp Italian seasoning 2ml

8 oz. shredded mozzarella cheese, 250 g

Procedure:

1. Peel alternating sections of the skin of the Eggplant along its' length
2. Place eggplant on paper towel in oven.
3. Cook at **P7** 7 - 8 minutes, or until eggplant is almost tender, roll over twice.
4. Let cool.
5. Meanwhile, combine bread crumbs, Parmesan cheese and butter.
6. Combine spaghetti sauce, oregano and Italian seasoning.
7. Slice Eggplant into 1/2" (1 cm) slices.
8. In a square dish, alternately layer spaghetti sauce, eggplant, crumb mixture and mozzarella cheese.
9. Cook at **P4** 15 - 17 minutes, or until hot and bubbly.
10. Let stand 5 minutes before serving.

Chefs Tip.

This is a great low-fat alternative to a (usually) high calorie dish. Use other summer squashes with this as well, such as zucchini or yellow squash slices as well.