

Eggplant Parmesan

Preparation time: 10 minutes

Cook time: 50-60 minutes

Serves: 2 to 3

Ingredients

- 1 large eggplant cut into 1/2 inch strips
- 1 Tbsp. olive oil - Any type you like...Garlic, Herb Blend, Rosemary, etc.
- Coarse salt and ground pepper
- 1 Cup fat-free (skim) milk
- 3 tablespoons all-purpose flour
- 2 garlic cloves, minced
- 1/2 tsp. Oregano
- 1 cup marinara sauce
- 1/2 cup grated part-skim mozzarella
- 1/3 cup grated Parmesan

Directions

1. Preheat oven to 450 degrees, place racks in upper and lower oven. Arrange eggplant on two sheets. Brush eggplant on both sides with oil. Season with salt and pepper. Bake until golden brown and very tender, 20 to 25 minutes, turn eggplant and rotate sheets halfway through.
2. Make Sauce. Off heat, in a medium saucepan, whisk together 1/4 cup milk, flour, and garlic and oregano. Gradually whisk in remaining 3/4 cup milk and 1/2 cup marinara sauce. Bring to a boil; reduce to a simmer, and cook until pink sauce has thickened, 2 to 3 minutes.
3. Spread 1/4 cup marinara sauce in the bottom of a shallow 2-quart baking dish. Alternate layers of baked eggplant with pink sauce. Dollop with remaining 1/4 cup marinara sauce. Sprinkle with mozzarella and Parmesan. Bake on upper rack until browned and bubbling, 10 to 15 minutes.