

Eggplant Parmesan

Calories: 89 kcal

Servings: 2

Time: 55 Mins

Ingredients

- 0.33 cup Almond Meal
- 0.20 g Black Pepper (to taste)
- 0.50 can Can of Diced Tomatoes
- 2.00 tbsp Cheese (Parmesan)
- 150.00 g Eggplant
- 1.00 whole Eggs
- 0.25 tsp Garlic Powder
- 1.00 tsp Italian Herb mix
- 1.50 tsp Parsley (fresh, chopped)
- 0.25 tsp Salt

Instructions

1. Preheat oven to 200 degrees celsius (420F). Line a rimmed baking sheet with parchment paper and spray it with cooking spray.
2. Slice the unpeeled eggplant into 1/2-inch rounds, discarding the ends. Season the eggplant slices with salt, pepper and garlic powder.
3. In a small baking dish, whisk the egg with a tablespoon of water. In another 8x11 inch baking dish, mix the almond meal.
4. Dip each eggplant round in the egg, then dredge in the almond meal. Arrange the coated eggplant slices on the prepared baking sheet. Spray with cooking spray.
5. Bake the eggplant until tender, about 20 minutes per side.
6. Remove the eggplants from the oven, but keep the oven on. Combine the chopped tomatoes with Italian herbs and pepper and salt, then top each eggplant with sauce, mozzarella and then with Parmesan.
7. Return the baking sheet to the oven. Bake the eggplant until cheese is melted, about 5 more minutes. Garnish with parsley and serve.