



Cheesy Eggplant Bake

Vegetarian and Low Fat (260 calories, 11.2g fat), 6 servings

Ingredients

- 1 medium eggplant, peeled
- 2 tsp. salt
- ¾ cup dry bread crumbs
- 1 tbs. garlic salt
- ½ tsp. pepper
- 1 egg + 2 egg whites
- 2 tbs. olive oil, divided
- 1 large green pepper, chopped
- 1 medium onion, chopped
- ½ pound fresh mushrooms, sliced
- 2 (14.5 ounce) cans stewed tomatoes
- 6 ounces part skim mozzarella cheese, shredded

Preparation

1. Slice eggplant crosswise into ¼ inch rounds. Arrange rounds in a colander in your sink and sprinkle salt all over them. Walk away for half an hour. When finished, "rinse under cold water and pat dry with paper towels."
2. While eggplant is sitting, combine bread crumbs, garlic salt, and pepper in a shallow bowl or on a plate. In a separate shallow bowl, whisk eggs. When eggplant is done, douse each slice in the egg mixture. Then dip in the bread crumb mixture to coat. Shake off any excess and/or drippy-ness.
3. In a large skillet, heat ½ tbs. oil over medium-high heat. Cook a few rounds until browned, about 2 minutes per side. When finished, arrange in 13x9-inch baking dish. Repeat for second batch.
4. Preheat oven to 350 degrees.
5. Heat last 1 tbs. oil in same skillet over medium-high heat. Add green pepper, onion, and mushrooms. Cook until onion is softening and pepper is crisp/tender, about 5 minutes, stirring occasionally. Top eggplant with mixture. Add tomatoes on top of that, spreading evenly.
6. Cover with tin foil and bake 25 minutes. Remove from oven and take off tin foil. Sprinkle cheese on top and bake another 25 or 30 minutes, until cheese is melted and a little brown. Serve to applause.