

# Happy Valley

## Eggplant Parm

Serves 4 -6

### Ingredients

1 large eggplant  
½ cup breadcrumbs  
½ cup egg substitute  
2 cups low fat mozzarella cheese, grated  
1tbsp rosemary  
2 cups tomato sauce

### Preparation

Cut eggplant in ½” slices.  
Dip each slice in egg  
Roll each slice in bread crumbs  
Broil until crisp on both sides  
Layer in casserole dish  
Top with cheese and sauce  
Repeat until all the eggplant is used  
Sprinkle with rosemary  
Bake at 350 for 45 minutes



Recipe submitted by: Amelia Winner