



**Kid Critics Approved Product:
Lisanatti Almond Cheeze Mozzarella Style Chunks**



Baked Eggplant Parmesan
by Healthy Recipe Mom, Stacy

PREHEAT: Oven to 350 degrees F

PANS/EQUIPMENT: Baking sheet, 9x13 baking dish

PREP TIME: 30 minutes

COOK TIME: 30 minutes

NUMBER OF SERVINGS: 6 or more depending on ages

1 medium eggplant

Slice eggplant into 1/4-inch thick rounds (leave the skin on for valuable phytonutrients!)

3 egg whites

Dip eggplant slices in egg whites to coat.

1 cup bread crumbs, whole grain

1/4 teaspoon sea salt

1 Tablespoon fresh parsley, chopped

1 Tablespoon fresh basil, chopped

1 teaspoon fresh oregano, chopped

1 Tablespoon extra virgin olive oil

Use homemade or store bought bread crumbs. Mix salt, parsley, basil and oregano with bread crumbs. Use fresh herbs whenever possible. The amounts are given as a guide, but add as much as you like! Dip egg-covered eggplant slices in bread crumbs and transfer to a baking sheet. Drizzle with extra virgin olive oil. Bake for 5 minutes per side at 350 degrees.

1 jar tomato sauce/spaghetti sauce, organic (low sodium)

Cover the bottom of a baking dish with a thin layer of sauce. Add a layer of baked eggplant. Add another layer of sauce.

1 block (8 ounces) Lisanatti Almond Cheeze - Mozzarella Style, finely shredded

Shred cheese and layer on top of sauce. Repeat the layering of eggplant, sauce and cheese. Sprinkle on extra herbs if you like. Bake for 35 minutes. Serve warm.

OPTIONS: If you wish to substitute dry herbs, start with 1/2 teaspoon parsley and basil and 1/4 teaspoon oregano. Choose organic, non-irradiated herbs and spices. You may use 3 whole eggs in place of egg whites. Use ground nuts as a coating for a change or for those with gluten sensitivities.

RECIPE SOURCE: Stacy's recipe

FAMILY COMMENTS: Stacy recommends finely shredding the cheese for the best melting! "My four year old said 'more, please' and my two year old ate it, which is his sign of approval!" (Stacy, mother of 2)

8 GOD-MADE FOOD COLORS: Purple, white, yellow, tan, green, red, golden, brown

7 FOOD GROUPS: Vegetables, eggs, fruits (tomatoes), grains, nuts, essential fatty acids, herbs

GROCERY LIST:

- Eggplant
- Eggs
- Whole grain bread crumbs or ground nuts
- Sea salt
- Fresh or dried parsley
- Fresh or dried basil
- Fresh or dried oregano
- Extra virgin olive oil
- Tomato sauce/spaghetti sauce, organic (low sodium)
- 1 block (8 ounces) Lisanatti Almond Cheeze - Mozzarella Style