Eggplant Parmesan

Adapted from Moosewood Lowfat Vegetarian Cookbook

2 large eggplants, cut crosswise into ½ inch slices

4 egg whites

¼ tsp salt

1 large garlic clove minced or pressed

2 tsp dried basil

2 ½ cups Tomato Sauce\*

1 cup nonfat ricotta cheese or blended non-fat cottage cheese

¼ cup low fat mozzarella cheese.

Preheat oven to 350 degrees.

Slice the eggplant and set aside. Find a bowl in which the eggplant rounds can lie flat and light beat the egg whites, salt, garlic and basil. Dip the eggplant slices in the egg mix then place onto a baking sheet that has been lightly coated with olive oil (about 2-3 tsp).

Bake the eggplant until tender or about 15 minutes per side.

Spread about a cup of the tomato sauce in the bottom of an 8x12 inch glass baking dish. Layer about half of the eggplant slices on top of the sauce. Spread all of the ricotta evenly on the eggplant. Repeat for another layer: 1 cup sauce, the rest of the eggplant and ricotta. Top with the rest of the sauce and mozzarella. Bake uncovered for about 20-25 minutes until the cheese is melted and bubbly

\*Tomato sauce should be either homemade or an organic, low-sodium, no sugar added sauce.