



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

Oakhurst, NJ  
732.663.0222

Marlboro, NJ  
732.536.2027

Brooklyn, NY  
718.998.8898

Cedarhurst, NY  
516.569.6400

## **LUCKY PARM**

**Intermediate**

### **Ingredients**

- 1 large eggplant
- ½ cup egg whites (about 4 large egg whites)
- 1 cup Fiber One bran cereal (original), ground to a breadcrumb-like consistency in the blender
- 1 cup canned tomato sauce with Italian flavoring (Hunt's Tomato Sauce with Basil, Garlic & Oregano)
- 1 cup shredded fat-free mozzarella cheese
- ¼ cup reduced-fat grated Parmesan-style topping
- ½ TSP garlic powder
- 1/8 TSP Morton's Lite salt
- 1/8 TSP pepper
- Optional: dried Italian seasonings (basil, oregano, etc.)

### **Instructions**

1. Preheat oven to 375°.
2. Slice ends off eggplant, and cut it lengthwise into ½-inch strips. Use a paper towel to blot eggplant slices on both sides (to remove excess moisture).
3. Spray a large baking pan with nonstick spray. Season crumbs with garlic powder, salt, pepper and, if you like, additional seasonings.
4. Coat eggplant on both sides, first with egg whites and then with Fiber One crumbs. Place slices flat on the baking pan, and cook in the oven for 30 minutes. Then, flip slices over and bake until browned on both sides (about 10 minutes longer). Remove pan from oven, but leave oven on.
5. Spread ¼ cup of sauce over the bottom of an 8" X 8" baking dish sprayed lightly with nonstick spray. Arrange half of the baked eggplant slices evenly over the sauce. Continue to layer ingredients evenly in this order: sauce (¼ cup), Mozzarella and Parmesan topping (half of each), sauce (¼ cup), eggplant (remaining slices), sauce (¼ cup), and cheeses (remaining amounts).
6. Cover dish with foil and return to the oven. Bake for 25 minutes, or until heated throughout. Allow to cool slightly, and then cut into quarters.

**Portion-Per-Serving Information** (Yields 4 servings): 1 serving = 1/4 = 2 V, 1 M