



Eggplant Parm Fries



1/2 of recipe: 198 calories, 2g total fat (0.5g sat. fat), 524mg sodium, 36g carbs, 9g fiber, 10g sugars, 10.5g protein

[Click for WW Points® value*](#)

WW Points® value 4*

Prep: 20 minutes **Cook:** 25 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

1 medium (about 12 oz.) eggplant
3/4 cup whole-wheat panko bread crumbs
1 1/2 tsp. garlic powder, divided
1 1/2 tsp. onion powder, divided
1 1/2 tsp. Italian seasoning, divided
1/4 tsp. salt
1/4 tsp. black pepper
1/2 cup (about 4 large) egg whites or fat-free egg substitute
1/3 cup canned crushed tomatoes
2 tsp. grated Parmesan cheese
Optional topping: fresh parsley

Directions

Preheat oven to 400°F. Spray 2 large baking sheets with nonstick spray.

Peel eggplant. Slice off and discard ends. Cut eggplant into fry-shape spears.

In a medium-large bowl, mix bread crumbs with 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. Italian seasoning, salt, and pepper.

Place eggplant spears in a large bowl. Top with egg whites/substitute, and flip to coat. Shake to remove excess egg, and lightly coat with seasoned bread crumbs.

Place eggplant on the baking sheets, and top with any remaining seasoned bread crumbs. Place a baking sheet on each rack, and bake for 12 minutes.

Move baking sheets to opposite racks. Bake until lightly browned and crispy, about 12 minutes.

In a small microwave-safe bowl, combine crushed tomatoes, cheese, and remaining 1/2 tsp. each garlic powder, onion powder, and Italian seasoning. Cover and microwave for 30 seconds, or until hot. Serve with fries for dipping.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

