



## 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

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



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### 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

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