



Low-Carb Eggplant Bread



Entire recipe: 216 calories, 12.5g total fat (7.5g sat. fat), 510mg sodium, 8g carbs, 3g fiber, 2.5g sugars, 18g protein

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Prep: 5 minutes **Cook:** 15 minutes

Cool: 5 minutes



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Ingredients

1 small (or 1/2 large) eggplant
1/4 cup shredded part-skim mozzarella cheese
1/4 cup shredded Parmesan cheese
1/4 tsp. garlic powder
1/4 tsp. onion powder
Serving suggestions: sandwich style or dipped in marinara sauce

Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Slice off and discard stem end of eggplant. Cut eggplant lengthwise into 1/4-inch-thick slices. (Use a [mandoline](#), if you've got one.) Gently pat dry to remove excess moisture.

Shape cheese into a rectangle in the center of the baking sheet, about 8" X 6". Place eggplant slices over the cheese in an even layer. Reserve remaining eggplant for another use.

Top with garlic powder and onion powder. Bake until edges are golden brown and crispy, 12-14 minutes.

Let cool slightly, about 5 minutes.

MAKES 1 SERVING

HG Tip: Before cooking, salt your eggplant slices and let sit for 15 minutes to draw out extra moisture, then pat dry.

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