



Naked Eggplant Parm



1/4th of pan: 182 calories, 8g total fat (5g sat. fat), 659mg sodium, 15g carbs, 6.5g fiber, 6.5g sugars, 14g protein

Prep: 15 minutes **Cook:** 1 hour and 5 minutes

Cool: 10 minutes



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

- 1 large eggplant (about 20 oz.), ends removed
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1 cup Clean & Hungry Marinara Sauce (recipe and store bought alternatives below)
- 1 cup shredded part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese

Directions

Preheat oven to 400 degrees. Spray a baking sheet and an 8" X 8" baking pan with nonstick spray.

Cut eggplant lengthwise into 1/2-inch slices. Sprinkle with seasonings, and lay on the baking sheet.

Bake for 20 minutes.

Flip eggplant. Bake until lightly browned, and slightly softened, about 10 minutes. Remove sheet, but leave oven on.

Evenly layer the following ingredients in the baking pan: 1/4 cup sauce, half of the eggplant slices, 1/4 cup sauce, 1/2 cup mozzarella cheese, 2 tbsp. Parm, and 1/4 cup sauce.

Continue layering with remaining eggplant slices, 1/4 cup sauce, 1/2 cup mozzarella cheese, and 2 tbsp. Parm.

Cover pan with foil, and bake for 30 minutes, or until hot and bubbly.

Uncover and bake until cheese has melted, about 5 minutes.

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

Clean & Hungry Marinara Sauce

1/6th of recipe (about 1/2 cup): 52 calories, 0g total fat (0g sat. fat), 354mg sodium, 10.5g carbs, 3g fiber, 5.5g sugars, 2.5g protein

SmartPoints® value 0*

Prep: 5 minutes

Ingredients:

- 3 cups canned crushed tomatoes
- 1/4 cup tomato paste
- 1 tbsp. white wine vinegar
- 2 tsp. Italian seasoning

1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions:

Combine ingredients in a large sealable container. Mix until uniform.

Seal, and refrigerate until ready to use.

MAKES 6 SERVINGS

Store-Bought Alternatives: Check out nutritional panels and ingredient lists. Look for a sauce with stats similar to this recipe, made with natural ingredients and no sugar, like the kinds by The Silver Palate and Monte Bene.

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