



White Eggplant Parm Casserole



1/4 of casserole: 199 calories, 9.5g total fat (5.5g sat. fat), 729mg sodium, 14.5g carbs, 6g fiber, 7.5g sugars, 16.5g protein

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Prep: 20 minutes **Cook:** 1 hour and 5 minutes

Cool: 10 minutes



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Ingredients

Casserole

1 large eggplant (about 20 oz.)
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1 cup shredded part-skim mozzarella cheese, divided
1/4 cup grated Parmesan cheese, divided

Sauce

2 1/2 cups roughly chopped cauliflower
1/4 cup fat-free milk
2 tbsp. grated Parmesan cheese
1 tsp. chopped garlic
1/4 tsp. salt
1/8 tsp. black pepper
Optional topping: fresh basil

Directions

Preheat oven to 400°F. Spray a [baking sheet](#) and an [8" X 8" baking pan](#) with nonstick spray.

Slice off and discard eggplant ends. Cut eggplant lengthwise into 1/2-inch slices. Top with seasonings.

Place eggplant slices on the baking sheet. Bake for 20 minutes.

Flip eggplant. Bake until slightly softened and lightly browned, about 10 more minutes.

Meanwhile, make the sauce. Place cauliflower in a medium-large microwave-safe bowl with 3 tbsp. water. Cover and microwave for 4 minutes, or until soft. Drain excess liquid, and transfer cauliflower to a blender or food processor. Add remaining sauce ingredients and 1 1/2 tbsp. warm water. Blend on high speed until smooth and uniform.

Remove sheet from oven, but leave oven on.

Evenly layer the following ingredients in the baking pan: 1/4 of sauce (about 1/4 cup), half of the eggplant slices, 1/4 of sauce (about 1/4 cup), 1/2 cup mozzarella, 2 tbsp. Parm, and 1/4 of sauce (about 1/4 cup). Continue layering with remaining eggplant slices, sauce, 1/2 cup mozzarella, and 2 tbsp. Parm.

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

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

Let cool for 10 minutes before slicing.

MAKES 4 SERVINGS

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