

Eggplant Parmesan

Ingredients

- 1 1/2 T Olive Oil
- 4 clv Garlic (minced)
- 1 t Dried Oregano
- 1/4 t Crushed Red Pepper
- 19 oz Whole Tomatoes (undrained and coarsely chopped)
- 1/4 t Salt
- 1/4 t Ground Black Pepper
- 4 Japanese Eggplants (cut in lengthwise)
- 1/2 c Parmesan Cheese (grated)
- 1/3 c Breadcrumbs

Instructions

- 1.Preheat broiler. Heat 1 1/2 teaspoons oil in a medium saucepan over medium heat. Add garlic, cook 2 minutes or until fragrant, stirring occasionally. Add oregano, red pepper, and tomatoes; simmer 5 minutes or until thick. Add salt and black pepper; keep warm.
- 2.Place eggplant halves, cut side up, in bottom of a broiler pan coated with cooking spray. Brush evenly with remaining 1 tablespoon oil. Broil 5 minutes or until slightly browned and tender.
- 3.Spoon 1/2 cup tomato mixture over each eggplant half; top each half with 1 tablespoon cheese and about 2 teaspoons breadcrumbs. Broil 5 minutes or until cheese is browned. Serve immediately with pasta on the side.