

Eggplant Parmesan

Ingredients:

- 1 Pkg Whole Grain Angel Hair Pasta (cooked according to package directions).
- 1 Breaded Eggplant
- 4 Cups Tomato Sauce

Breaded Eggplant:

- 2 Medium Eggplants, peeled and cut into ½ inch thick slices
- 2 Cups Breading Mix

Batter:

- ½ cup soy mayonnaise
- ¼ to ½ cup water

Directions:

1. Preheat oven to 350 degrees F.
2. Lightly coat a large baking sheet with non-stick cooking spray
3. Mix Batter with ingredients together in small bowl. Set aside.
4. Place Breading Mix in a shallow dish.
5. Dip Eggplant slices into the batter, then into the breading.
6. Place breaded Eggplant onto prepared baking sheet.
7. Lightly spray the tops of the eggplant with non-stick cooking spray.
8. Bake for 15 minutes on each side until browned and crispy.