

[LOW FAT EGGPLANT RECIPES](#)



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Low Fat Eggplant Parmesan Recipe SparkRecipes

1. Place the eggplant in a single layer on a kitchen towel. Generously sprinkle salt on top and place another towel on top. Allow to sit for 30 min (this pulls out excess liquid as well as the bitterness).

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Healthier Eggplant Parmesan II Recipe Allrecipes com

The eggplant really needs to cook at 425 F, 350 is too low and it will be unpleasantly chewy. I made the recipe twice, and it was much better when the eggplant was cooked at a hotter temp. Other I made the recipe twice, and it was much better when the eggplant was cooked at a hotter temp.

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Low Fat Eggplant Aubergine Parmesan Recipe Genius Kitchen

A tasty version of a high-fat favorite! Enjoy with whole wheat pasta for a healthy meal. Substitute vegetable bouillon granules for a vegetarian dish.

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