

[LOWFAT EGGPLANT RECIPES](#)



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Healthy Eggplant Recipes EatingWell

Eggs Benedict is a popular choice for breakfast or brunch, but the traditional recipe is high in calories and fat. In this lighter version, we replace the English muffin, Canadian bacon and hollandaise sauce with golden brown, breaded eggplant slices, a chunky Creole sauce and a yogurt-based sauce flavored with lime and mustard.

<http://ebookslibrary.club/Healthy-Eggplant-Recipes-EatingWell.pdf>

Low Fat Eggplant Parmesan Recipe thespruceeats.com

Spoon 3 tbsp of tomato mixture into bottom of 9" square glass baking dish. Place half of eggplant over sauce; spoon half of remaining tomato mixture over eggplant, and sprinkle half of mozzarella on top. Repeat with remaining eggplant, tomato mixture, and mozzarella.

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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). Lightly rinse eggplant of salt and pat dry. 2. Preheat oven to 450. Mix together breadcrumbs, parmesan cheese and garlic powder in a shallow bowl. 3.

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Low Fat Eggplant Aubergine Parmesan Recipe Genius Kitchen

Remove eggplant from baking sheet. In a small baking dish, spread a thin layer of sauce. Add one layer of eggplant, another of sauce and so on until all eggplant is used. Finish with a layer of sauce. Top with cheeses and bake until cheese is melted.

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Eggplant Recipes Archives FatFree Vegan Kitchen

50 delicious, low-fat, vegan eggplant recipes. I'm Susan Voisin, and I love good food. Join me as I create delicious dishes made with whole foods and

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10 Healthy Eggplant Recipes Shape Magazine

We asked healthy food bloggers for their most mouthwatering eggplant recipes, (choose a low-fat, low-sodium kind) 4 tbsp. parmesan cheese, grated.

<http://ebookslibrary.club/10-Healthy-Eggplant-Recipes-Shape-Magazine.pdf>

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