



Eggplant Parmigiana

YIELD: 6 (1-CUP) SERVINGS

INGREDIENTS

- ½ cup fat free egg substitute
- ¼ cup freshly grated Parmesan cheese, divided
- ¼ cup fat free milk
- 1 cup Italian- seasoned breadcrumbs
- 1 (1 pound) eggplant, peeled and cut into ½ inch slices
- 2 tablespoons olive oil
- Cooking Spray
- 2 cups fire- roasted tomato and garlic pasta sauce
- 1 cup, 4 ounces shredded part- skim mozzarella cheese

DIRECTIONS

1. Combine egg substitute, 2 tablespoons Parmesan cheese and milk in a shallow bowl, stirring well; set aside.
2. Place breadcrumbs in a shallow dish. Dip eggplant slices in egg mixture; dredge in breadcrumbs.
3. Heat oil in a large non-stick skillet over medium- high heat. Add eggplant slices and cook 5 minutes on each side or until golden.
4. Arrange half of eggplant slices in a 11x7 inch baking dish coated with cooking spray. Spoon 1 cup pasta sauce over eggplant, and sprinkle with remaining 2 tablespoons Parmesan cheese. Repeat procedure with remaining eggplant and 1 cup sauce. *(cont. on back)*

5. Bake, uncovered at 350 degrees for 25 minutes. Sprinkle with mozzarella cheese; bake an additional 5 to 10 minutes or until cheese melts.

German-Style Lima Beans

YIELD: 7 SERVINGS

INGREDIENTS

- 1 (16 ounce) package frozen lima beans
- ½ cup water
- 1/3 cup cider vinegar
- 2 tablespoons sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon chicken-flavored bouillon granules
- ¼ teaspoon freshly ground black pepper
- ¾ cup chopped celery
- ½ chopped sweet red pepper
- ¼ cup sliced green onions

DIRECTIONS

1. Cook lima beans in boiling water to cover 15 minutes or until tender; drain. Set aside and keep warm.
2. Combine ½ cup water and cider, sugar, flour, bouillon granules and pepper in a saucepan, stirring well. Cook over medium heat, stirring constantly, 5 minutes or until mixture thickens.
3. Combine lima beans, celery, red pepper, green onions, and cider vinegar mixture, tossing well. Serve warm.



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