



## Eggplant Parmesan (PKU-Friendly)

Try these tasty, low-protein eggplant slices to pair with spaghetti squash. Top with a delicious tomato sauce to complete your meal!

U.S.		Metric	Phe (mg)	Pro (g)
1 each	Eggplant, sliced 1/4" thick	1 each	103.5 mg	2.46 g
1/2 tsp	Salt	12 g	0	0
1/2 tsp	Italian seasoning	0.5 g	3 mg	0.06 g
1/2 tsp	Garlic powder	1.5 g	8 mg	0.26 g
To Taste	Black pepper, ground	To Taste	0	0.01 g
1 cup	Gluten-free bread crumbs	120 g	132 mg	2.4 g
1/2 cup	Tapioca flour	30 g	0	0.3 g
2 Tbsp	Ener-G egg replacer	15 g	0	0.02 g
1/2 cup	Warm water	118 mL	0	0
1 1/4 cup	Quick Tomato Sauce - PKU Friendly (see recipe), warmed	296 mL	142 mg	4.19 g
<i>Optional:</i>				
2 Tbsp	Follow Your Heart Parmesan Cheese	18 g	6 mg	0.3 g

**Protein per recipe: 10g**  
**Phe per recipe: 394.5mg**

**Protein per serving: 2g**  
**Phe per serving: 78.9mg**

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (180°C). Line a baking sheet with foil and spray with non-stick cooking
3. Place sliced eggplant on a rack and salt each side. Let sit for 15 minutes. Rinse off moisture.
4. In a medium-sized bowl, combine the Italian seasoning, garlic powder, and black pepper with the bread crumbs.
5. Gather three small bowls that will fit the eggplant rounds. Add the tapioca flour to a small bowl and set aside. Mix the Ener-G egg replacer with warm water in a second small bowl. In a third small bowl, place 1/2 cup of the breadcrumb mixture.
6. Coat each eggplant slice in tapioca flour, then egg replacer, then gluten-free breadcrumbs, shaking off any excess breading to lightly coat each eggplant slice. Replenish the breadcrumb bowl as needed, or if they get soggy.
7. Place the eggplant slices in a single layer in a baking dish.
8. Bake for 20 minutes, flip, and then cook for an additional 15 minutes until golden brown and
9. While eggplant is baking,
10. (Optional) Top with Follow Your Heart Parmesan Cheese. Bake until cheese is melted.
11. Serve 2 slices of eggplant and 1/4 cup warm sauce over 1/2 cup of Roasted Spaghetti Squash or low protein pasta. Enjoy!

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## Nutrition Facts

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5 Servings

**Serving size**            **1/5 recipe**

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**Amount per serving**

**Calories**            **140**

Calories from Fat        40

**Total Fat**            4.5 g

    Saturated Fat        0.5 g

    Trans Fat            0 g

    Monounsaturated     3 g

**Cholesterol**         0 mg

**Sodium**              410 mg

**Total Carbohydrate** 26 g

    Dietary Fiber        6 g

    Total Sugars         8 g

    Includes 0 g Added Sugars

**Protein**              2.42 g

Vitamin D                0 %

Calcium                  2 %

Iron                      10 %

Potassium               656 mg

Phosphorus              75 mg

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