



Easy Baked Eggplant Parmesan

🍴 Makes 6 servings ⌚ Cook time: 40 minutes

Ingredients

- 2 medium eggplants
- 2 ½ Tbsp. olive oil, divided
- ¼ tsp. kosher salt
- ½ cup grated Parmesan cheese (about 2 oz.)
- ¾ cup crushed BAKED Ruffles® Original Potato Crisps (about 24 chips)
- 1 tsp. Italian seasoning
- 1 ½ cups shredded 2% part-skim mozzarella cheese
- 2 cups reduced-sodium marinara sauce

Instructions

1. Preheat oven to 375°F.
2. Slice eggplant crosswise into 12 (1/2-inch-thick pieces), and place on a large baking sheet. Brush both sides of eggplant evenly with 2 tablespoons of the olive oil; sprinkle evenly with salt. Cook in preheated oven for 20 minutes.
3. While eggplant cooks, combine Parmesan, crushed BAKED Ruffles®, Italian seasoning and remaining 1/2 tablespoon olive oil in a small bowl.
4. Spread 1 cup marinara sauce in a 13- x 9-inch baking dish. Arrange 6 cooked eggplant slices over marinara in dish. Top each eggplant slice with 1 tablespoon marinara sauce. Working with about half of the crushed Ruffles mixture, top each eggplant slice with a heaping spoonful of mixture. Sprinkle evenly with half of the mozzarella cheese. Layer with remaining 6 eggplant slices. Spoon remaining marinara sauce evenly over eggplant stacks. Sprinkle with remaining mozzarella cheese and crushed Ruffles mixture.
5. Bake in preheated oven until eggplant is tender, cheese is melted and golden, and marinara sauce is bubbly, 15 to 20 minutes. Let stand 5 minutes before serving.

Nutrition Info: Calories: 280 | Total Fat: 15g | Saturated Fat: 5g | Cholesterol: 20mg | Sodium: 450mg
Total Carbohydrates: 27g | Dietary Fiber: 5g | Sugars: 11g | Added Sugar: 2g | Protein: 13g