

CARBCONTROL RECIPES

VEGATARIAN

Mediterranean Eggplant-Parmesan bake – serves 6 (stage 3)

2 medium eggplants, about 700 g total
salt and pepper
3 Tbsp olive oil
1 ½ cups sugar free tomato sauce
1 cup thinly sliced mushrooms
10 large basil leaves, torn in pieces
220 g Mozzarella cheese, thinly sliced
½ cup Parmesan cheese

Slice eggplants into 1 cm thick rounds and sprinkle with salt. Let stand for 30 minutes for bitter juices to drain. Rinse and pat dry. Heat grill. Arrange eggplant slices in a single layer, brush each side with oil. Grill 15 cm from heat source 2-3 minutes per side until browned. Heat the oven to 180 C. lightly oil a 22 x 33 cm baking dish and set aside. Combine tomato sauce, mushrooms, and half the basil in a saucepan and bring to a boil. Cook for 3 minutes. Season to taste with salt and pepper. Spread one half of the sauce on bottom of baking dish. Top with eggplant slices, mozzarella slices and remaining basil. Spread remaining sauce over layers. Sprinkle with Parmesan and bake for 30 minutes until bubbling.