Low Carb Baked Eggplant Parmesan

Savor layers of baked eggplant, rich tomato sauce, and melted mozzarella in this low-carb, high-protein twist on a classic favorite.

Servings: 2 **Time:** 50 minutes

Ingredients

- 1 medium eggplant (about 1 lb), sliced into ½-inch rounds
- 1 cup low-sugar marinara sauce
- 8 oz shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 2 large eggs
- 1 cup almond flour
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions

1. Preheat oven to 375°F (190°C).
2. Lay eggplant slices on paper towels, sprinkle with salt, and let them sit 15 minutes to draw out moisture, then pat dry.
3. In a shallow bowl, beat eggs.
4. In another bowl, combine almond flour, Italian seasoning, garlic powder, salt, and pepper.
5. Dip each eggplant slice first into eggs, then coat with the almond flour mixture.
6. Heat olive oil in a skillet over medium heat, and lightly pan-fry eggplant slices 2 minutes per side until golden. Drain on paper towels.
7. In a baking dish, spread a thin layer of marinara sauce.
8. Layer half the eggplant slices, then half the mozzarella, and sprinkle with half the Parmesan cheese.
9. Repeat layers with remaining eggplant, sauce, mozzarella, and Parmesan.
10. Bake uncovered for 20-25 minutes until cheese is bubbly and golden.
11. Let cool 5 minutes before serving.

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