

Eggplant Parmesan with 4 Side Options

Serves 6

Ingredients

Eggplant

- 8 medium Japanese eggplants (≈ 900 g total), sliced diagonally into 7–8 mm pieces
- ½ tsp salt
- ½ tsp black pepper

Breading

- 2 medium eggs (≈110 g beaten)
- 2 T water
- 1 C panko (50 g)
- 20 g grated Parmesan (fine grate)
- 1 tsp Italian seasoning
- Canola or olive oil spray

Sauce Layer

- 680 g homemade low-sodium tomato sauce (*recipe below*)
- ¼ C (5 g) fresh basil, torn
- 2 cloves garlic, grated (*or 2 tsp tube garlic*)
- ½ tsp crushed red pepper (optional)

Cheese Layer

- 40 g grated Parmesan (fine grate)
- 110 g shredded mozzarella (low-moisture)
(*Freeze mozzarella 20–30 min before shredding for best texture.*)



SIDE OPTIONS

[White Bean & Spinach Salad](#)

[High-Protein Chickpea Salad](#)

[Lemon-Herb Chicken Cutlets](#)

[Cottage Cheese “Caprese” Bowl](#)

Instructions

1. Heat oven

- Preheat to **200°C**.
- Line 2 baking sheets and a 22×30 cm baking dish with parchment.
- Lightly spray with oil.

2. Bread the eggplant

- Whisk **eggs** + **water** in one bowl.
- In a second bowl: **panko**, **20 g Parmesan**, **Italian seasoning**.
- Dip eggplant in egg → panko.
- Arrange on sheets and spray lightly on top.

3. Bake eggplant

- Bake **15 minutes**, flip, spray again, then bake **another 15 minutes**.
- Season with **salt** + **pepper**.

4. Prepare sauce layer

- Combine **tomato sauce**, **basil**, **garlic**, and **crushed red pepper**.

5. Assemble

- Spread **120 ml sauce** in the baking dish.
- Add **half** the baked eggplant.
- Top with:
 - 240 ml sauce
 - 20 g Parmesan
 - 55 g mozzarella
- Repeat for second layer.

6. Bake

- **Bake 20–25 minutes** until bubbling and lightly golden.
- Rest **5 minutes**.
- Garnish with more **basil**.

Nutrition (Per Serving)

Kcal: 270 | Protein: 14 g | Fat: 12 g | Sat Fat: 4 g | Carbs: 28 g | Sugars: 9 g | Fiber: 4 g | Sodium: 330–380 mg

★ Simple Low-Sodium Tomato Sauce (680 g batch)

Ingredients

- 1 T olive oil
- 150 g onion, diced
- 2 cloves garlic, minced
- 400 g diced tomatoes
- 200 g tomato passata
- 1 T tomato paste
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp black pepper
- ½–1 tsp sugar (optional)
- 30–60 ml water (as needed)
- ⅛ tsp MSG (optional; raises umami without sodium)

Instructions

1. Sauté **onion 5–6 minutes**.
2. Add **garlic**; cook **30 seconds**.
3. Add **tomatoes, passata, tomato paste, herbs, pepper**.
4. Simmer uncovered **15 minutes**.
5. Adjust thickness with water; season lightly.

Notes

- Japanese eggplants are small; **use 8 medium** for 900 g.
- **Diagonal slicing** gives more surface area → better browning + layers.
- Parmesan for this recipe should be **fine grate = 50 g per cup**.
- Mozzarella: freeze slightly before shredding for clean strands.

PROTEIN SIDE OPTIONS

(All scaled for 2 servings, Japan-friendly ingredients, low sodium)

1) White Bean & Arugula (Spinach) Salad — 2 servings

Ingredients

- 180 g canned white beans (drained & rinsed)
- 60–70 g spinach (as substitute for arugula)
- 6 cherry tomatoes, halved
- ¼ small red onion, thinly sliced
- 1 T olive oil
- 1 tsp lemon juice
- 1–2 tsp balsamic vinegar
- Pinch black pepper
- Pinch salt (or salt+MSG blend)

Instructions

1. In a bowl, combine **spinach**, **white beans**, **tomatoes**, and **red onion**.
2. In a small dish, whisk **olive oil**, **lemon juice**, **balsamic vinegar**, **pepper**, and **salt/MSG**.
3. Toss gently and serve immediately.

Nutrition (per serving)

Kcal: 245 | Protein: 11 g | Fat: 10 g | Sat Fat: 1.5 g | Carbs: 28 g | Sugars: 4 g | Fiber: 8 g | Sodium: 105 mg | Omega-3: 0.2 g



2) High-Protein Chickpea Side Salad — 2 servings

Ingredients

- 180 g cooked chickpeas (or ½ can, rinsed)
- ½ small cucumber, diced
- ½ small red/yellow pepper, diced
- 6 cherry tomatoes, halved
- 1 T lemon juice
- 1 tsp olive oil
- 1 tsp red wine vinegar
- 1 T chopped parsley (or cilantro)
- Black pepper
- Pinch salt/MSG
- Optional: 10 g pumpkin seeds

Instructions

1. Combine chickpeas, cucumber, bell pepper, and tomatoes in a bowl.
2. Stir lemon juice, olive oil, vinegar, pepper, and salt/MSG in a cup.
3. Pour dressing over salad. Add parsley and toss.
4. Top with pumpkin seeds if using.

Nutrition (per serving)

Kcal: 214 | Protein: 11 g | Fat: 6 g | Sat Fat: 1 g | Carbs: 30 g | Sugars: 6 g | Fiber: 8 g | Sodium: 140 mg | Omega-3: 0.1 g



3) **Lemon-Herb Chicken Cutlets** — 2 servings

Ingredients

- 250 g chicken breast, thinly sliced into cutlets
- 1 tsp olive oil
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp garlic powder (or 1 small grated clove)
- 1 tsp lemon juice
- Black pepper
- Pinch salt/MSG

Instructions

1. Pat **chicken** dry. Season both sides with **oregano**, **basil**, **garlic**, **pepper**, and **salt/MSG**.
2. Heat **olive oil** in a skillet over **medium heat**.
3. Cook cutlets **2–3 minutes per side** until lightly browned and cooked through.
4. Turn off heat and drizzle **lemon juice** over the chicken.
5. Slice and serve warm.



Nutrition (per serving)

Kcal: 203 | Protein: 27 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 1 g | Sugars: 0 g | Fiber: 0 g | Sodium: 90 mg | Omega-3: 0.05 g

4) **Cottage Cheese “Caprese” Bowl** — 2 servings

Ingredients

- 200 g nonfat cottage cheese (or low-fat Japanese equivalent)
- 8 cherry tomatoes, halved
- 4–5 fresh basil leaves, torn
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- Pinch black pepper
- Optional: ½ tsp honey

Instructions

1. Divide **cottage cheese** between two bowls.
2. Top each with **tomatoes** and **basil**.
3. Drizzle **olive oil** and **balsamic** over the top.
4. Add **pepper** and **honey** (optional).



Nutrition (per serving)

Kcal: 170 | Protein: 18 g | Fat: 5 g | Sat Fat: 3 g | Carbs: 13 g | Sugars: 7 g | Fiber: 2 g | Sodium: 380 mg | Omega-3: trace