

Easy Baked Eggplant



Ingredients:

- 2 pounds eggplant, small size preferable
- 2 eggs
- 3/4 cup Parmesan cheese, grated
- 1 teaspoon Italian seasoning
- 3/4 cup Panko breadcrumbs or crushed rice cereal
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- Cooking spray

Directions:

1. Preheat oven to 375F. Prepare a baking sheet with cooking spray.
2. In a pie plate or other shallow bowl, whisk together eggs and 1 tablespoon water.
3. In another shallow dish, combine the crumbs, cheese, and spices.
4. Cut eggplant into thick rounds – around 1/2 inch thick.
5. Dip the slices in the egg mixture then in the crumb mixture.
6. Place the dipped slices on the baking sheet.
7. Bake about 18-20 minutes, or until golden brown.
8. Turn eggplant and bake for about 10 more minutes.

Makes 6 servings.



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