## Garlic Parmesan Eggplant

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Serves: 4

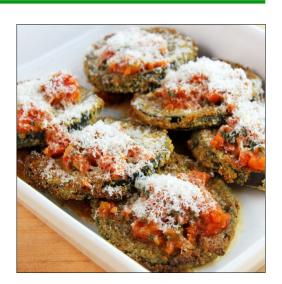
Prep: 15 minutes | Cook: 25 minutes

## **INGREDIENTS**

- 1 large eggplant
- 4 tablespoons olive oil
- 1 cup breadcrumbs
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning

## **DIRECTIONS**

- Start by preparing the eggplant: wash the eggplant and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2" disks. Place all disks in colander or cooling rack set over baking sheet, sprinkle with salt and let sit for at least 30 minutes
- 2. Pour olive oil into a bowl.
- 3. Mix breadcrumbs, spices and Parmesan cheese in another bowl.
- 4. Dip each eggplant disk into oil first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet.
- Bake in 400°F oven for 15 minutes, then flip each disk and baked for 7 more minutes.
   The eggplant should be golden brown and the breading crispy.
- 6. Serve as side dish, appetizer or use in eggplant Parmesan.



Nutrition Information  Serving Size: 1/4 of recipe	
Total fat	15 g
Saturated Fat	2.5 g
Cholesterol	4 mg
Sodium	94 mg
Carbohydrates	12.2 g
Fiber	4 g
Sugars	5 g
Protein	4 g

Recipe adapted from: Crunchycreamysweet