

Garlic Parmesan Eggplant

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DEPOSITORY.

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

1. 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.
5. 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

Calories	194
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