

Breaded and Baked Eggplant

Ingredients:

Eggplant-do not peel, slice into ½” inch rounds, lay on a plate and sprinkle with a little salt. Leave for about 20 minutes.

Bread crumbs

Extra virgin olive oil

Fresh or dried herbs chopped fine and mixed into the bread crumbs

3 eggs, in a small bowl, whisked.

Salt and black pepper optional, add to the bread crumbs

Preparation:

Heat oven to 350 degrees F. Oil an oven sheet with the olive oil and spread evenly around. Dip a slice of the eggplant into the egg, then into the bread crumb mixture and cover completely with bread crumbs. Lay the eggplant on the oven sheet and repeat with the rest of the eggplant. Bake for about 15 minutes, flip the eggplant and bake another 15-20 minutes on the other side or until lightly browned.

These are so yummy and go great as a side, on pasta or a salad or served with a grain dish.

Enjoy!