



EGGPLANT 3 WAYS!

EGGPLANT PIZZA

INGREDIENTS NEEDED:

- 1 large eggplant
- 1 cup tomatoes, chopped
- 2 tablespoons basil, fresh or dried
- 2 tablespoons oregano, fresh or dried
- 2 tablespoons garlic, minced
- 1 onion, diced
- 3 cups mozzarella cheese, shredded
- 2 tablespoons olive oil

STEPS:

1. Preheat oven to 350 degrees.
2. Slice the eggplant into thick slices and drizzle with olive oil.
3. Line the pan with your pizza base of sliced eggplant.
4. Coat the top of your eggplant with chopped fresh tomatoes.
5. Add desired toppings on the tomato base.
6. Top with a generous amount of cheese.
7. Bake for 20-30 minutes, until eggplant has softened and cheese is melted.

Try this recipe out for a fun twist on pizza night!

EGGPLANT SNACKERS

INGREDIENTS NEEDED:

- 2 large eggplants, peeled and cubed
- 1 cup flour
- 3 eggs
- 1 cup milk
- 2 cups bread crumbs
- ¾ cup grated Parmesan
- 1-2 tablespoons olive oil
- A handful of fresh parsley or basil

STEPS:

1. Preheat oven to 350 degrees.
2. Take prepared eggplant and toss with salt to remove excess moisture.
3. Place flour into a bowl.
4. Place milk and cracked eggs in a second bowl, whisking to combine.
5. Combine bread crumbs and Parmesan in a third bowl.
6. Coat each eggplant cube first in the bowl of flour, then dip cubes into second bowl of egg and milk, and then into the final bowl of bread crumbs and cheese.
7. Place coated cubes on a baking sheet.
8. Bake at 350 degrees until golden brown.
9. Serve with a sprinkling of chopped parsley or basil!

Eggplant is a great source of fiber!

HONEY ROASTED EGGPLANT WITH CHILI PEPPERS

INGREDIENTS NEEDED:

- 2 large eggplants, peeled and cubed
- 5 red chili peppers, chopped into small pieces
- ½ cup honey
- 2 tablespoons olive oil
- Salt and pepper

STEPS:

1. Preheat oven to 450 degrees.
2. Toss eggplant and chili peppers in the honey, oil, salt, and pepper.
3. Place eggplant and chili peppers mixture in a pan.
4. Roast for 20-25 minutes.
5. Flip and continue roasting for another 10-15 minutes.
6. Remove from oven and enjoy!

This dish is spicy! Use as a salad topping or mix with shredded chicken to lessen the spice!