

Eggplant Parmesan

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 3 slices

Ingredients	Quantity	Measure
Eggplant, peeled and sliced into rounds and soaked in saltwater for 15 minutes	30	slices
Unbleached all-purposed flour	2	cups
Cajun seasoning	½	cup
Non-dairy milk, unsweetened	½	gallon
Panko breadcrumbs	4	cups
Basil, fresh, chopped	¼	cup
Oregano, fresh, chopped	1	Tbsp.
Non-dairy mozzarella cheese (optional)	½	cup
Vegetable oil spray (pan spray)		as needed

Preparation

1. Preheat oven to 450 degrees Fahrenheit.
2. Mix the flour and Cajun seasoning together in one container large enough to dip the eggplant in.
3. Place the non-dairy milk in a second container large enough to dip the eggplant in.
4. Mix the breadcrumbs, basil, oregano, and non-dairy mozzarella cheese together and place into a container large enough to dip the eggplant in.
5. Place the eggplant slice into the flour container, then the non-dairy milk container, and then finally the breadcrumb mixture.
6. Lightly spray eggplant with vegetable oil as needed. Place in oven at 450 degrees for 10 minutes on each side or until golden brown. Remove from oven and sprinkle with salt if desired.

Serving Information

Serve marinara sauce on the side as needed.

Nutrition Information

 *From USDA Nutrient Database

Calories: 331 Total Fat: 4.7g Saturated Fat: 0.9g Monounsaturated Fat: 0.8g Polyunsaturated Fat: 1.9g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 59.4g Fiber: 5.8g Total Sugars: 11.5g Protein: 12.8g Sodium:
1668mg Vitamin A: 3µg Vitamin C: 1.4mg Calcium: 64mg Iron: 3mg Folate: 48µg



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