Crispy Baked Eggplant Fries

Serves 2-3

Ingredients
- 1 medium eggplant, peeled and cut into ¼ thick “fries”
- ½ cup flour
- 2 eggs, lightly beaten
- ¾ cup panko breadcrumbs
- ¼ cup parmesan cheese, shredded
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Your favorite Marinara Sauce

Preparation

Preheat oven to 425°F. Make three bowls, one with the flour, one with the beaten eggs, and one with the panko breadcrumbs, parmesan, Italian seasoning, salt and pepper. Dredge the eggplant slices in the flour, dip them in the egg, and then into the panko breadcrumb mixture. Place the eggplant slices on a baking sheet and bake until golden brown, about 15-20 minutes, turning once in the middle of cooking.

Calories 270, Total Fat 6g, Sat Fat 2.5g, Sodium 410mg, Carbohydrates 40g, Fiber 5g, Sugars 6g, Protein 14g

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