



# BAKED EGGPLANT STICKS

Serving Size: 4-6

## INGREDIENTS:

- 1 eggplant (approximately 10 – 16 oz)
- 1-2 tsp oil
- 1/2 tsp salt and pepper
- ½ - ¾ cup seasoned breadcrumbs
- 2-3 Tbsp. parmesan cheese
- 1-2 large egg white
- oil spray or oil
- 1 cup marinara sauce for dipping

## DIRECTIONS:

1. Preheat the oven to 450°. Lightly spray or oil two baking sheets/pans
2. Cut ends off the eggplant. Slice eggplant in half, then into 1/4-inch-thick slices. Lay each slice on the cutting board and cut into 1/4 inch strips. Try to cut all the strips the same size so they cook evenly.
3. Lightly salt eggplant strips and place on paper towels to remove excess moisture and remove any bitterness. Let sit around 10 minutes.
4. Place eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside.
5. Combine breadcrumbs and parmesan cheese in a bowl, and egg whites in another bowl.
6. Dip a few strips of eggplant at a time into the egg whites, then into the breadcrumbs. Using a fork, remove eggplant from crumbs and place on the baking sheets. Spray or coat with more oil and bake 10 minutes in the middle rack.
7. Turnover and bake an additional 5 minutes, or until golden.
8. Dip eggplant sticks into warmed marinara sauce and enjoy.