



## **BAKED EGGPLANT FRIES**

These are great dipped in marinara, ranch or tzatziki sauce. Use whatever your favorite sauce might be - you won't be disappointed.

### **INGREDIENTS**

- 2 medium eggplant
- 1 1/2 cups plain breadcrumbs
- 1/3 cup grated Parmesan cheese
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1 tsp. garlic powder
- 2 large eggs, whisked
- 1/2 tsp. black pepper
- 1 tsp. sea salt
- 2-3 tbs. extra virgin olive oil, for drizzling



### **INSTRUCTIONS**

1. Preheat oven to 400 degrees.
2. Remove the ends from the eggplant then slice lengthwise, about 1/2 inch - 3/4 inch thick. Slice each oval disc into 1/2 inch strips. You can cut thinner or thicker 'fries' depending on your preference, but be mindful that cooking times will vary slightly. Prepare a large plate for the breadcrumbs and a medium-sized bowl for the eggs. Mix the breadcrumbs, Parmesan, oregano, thyme, garlic powder, salt, and pepper on the large plate. Whisk the eggs directly in the bowl.
3. Dredge the eggplant in the eggs then transfer to the breadcrumb mix and toss gently to coat evenly. Place the eggplant fries on a large baking sheet lined with parchment paper. Drizzle evenly with the olive oil.
4. Bake for about 10-15 minutes per side, or until browned and fork tender. Let the eggplant fries cool for a couple of minutes before serving.

*These eggplant fries are best served warm right out of the oven, crispy on the outside and creamy on the inside.*