



ROASTED EGGPLANT



Ingredients

Basic Roasted Eggplant

1 large eggplant
(or 2 smaller eggplants)
2-3 tbsp canola, avocado
or sunflower oil
2-3 tsp salt, for sweating
the eggplants

Optional Breadcrumb Coating

2 eggs
1 cup panko breadcrumbs
¼ cup flour
1 tsp dried parsley
½ tsp ground sweet paprika
½ tsp onion powder
½ tsp garlic powder
¼ tsp ground black pepper
pinch of salt



Instructions

Servings
4

Prep Time
20-30 mins

Sweat Time
20 mins

Bake Time
40 mins

Total Time
1 ½ hours

1. Choose nice, firm eggplants. Slice the eggplants into ¼ inch thick rounds or planks.
2. Lay the slices out and sprinkle salt on them. Flip the slices over and repeat. Let the slices sit for 15-20 minutes to “sweat”.
3. Rinse the slices off and pat them dry using paper towel or a clean tea towel.
4. Preheat the oven to 375° F. Line two shallow baking trays with baking parchment.
5. Add the eggplant slices to the baking trays. If desired, add the breadcrumb coating.

Basic Roasted Eggplant (No Breading)

- Place the slices on the trays. Once the oven is fully heated, paint the slices on both sides with oil until well coated. Do this right before baking or the slices will absorb the oil too early.

Breaded Eggplant

- Prepare 2 bowls or plates for the breading ingredients. Add the beaten egg to one plate. To the other plate, add the mix of panko breadcrumbs, flour, herbs, and spices. Line the plates up next to your baking trays.
 - One by one, dip the eggplant slices in the beaten egg, then coat them on both sides with the breadcrumb mixture. Add the breaded slices to the baking tray.
 - Repeat this process until all the eggplant slices have been breaded and added to the trays.
6. Roast the eggplant slices at 375° F for 30-40 minutes, or until brown and tender on both sides. Flip them over half way through cooking for even browning.