Parmesan Eggplant Fries with Marinara Dipping Sauce

Ingredients

- 2 med. Italian eggplants
- 1/2 cup Flour (wheat flour)
- 1 cup Panko breadcrumbs
- 1/2 cup Finely grated Parmesan cheese
- 3 large Eggs
- 1/2 tsp Salt
- 1 can Cooking spray

Equipment Needed

- Knife and cutting board
- Baking sheet
- Bowls
- Mixing bowl
- Measuring spoons
- Whisk

Directions

- Preheat oven to 400°F. Line a baking sheet with parchment paper and coat with cooking spray.
- Slice the stem off the eggplant and cut the eggplant into about ½ inch fries
- Prepare the breading station: Get three separate bowls in the first bowl combine breadcrumbs and Parmesan, in the second whisk eggs, and in the third combine flour and salt
- Prepare eggplant fries: Working in batches, coat eggplant into flour, then into the whisked eggs and then into the breadcrumbs
- Place the eggplant fries in a single layer on the baking sheet and spray a coat of cooking spray.

Bake the fries until crispy and golden brown, about 15 minutes

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Baba Ganoush

Ingredients

- 1 med Eggplant, White
- 1 clove Garlic, minced
- 2 tbsp Lemon juice
- 2 tbsp Tahini
- 3 tbsp Extra virgin olive oil
- 1 tbsp Parsley, chopped
- To taste Salt

Equipment Needed

- Knife and cutting board
- Measuring spoons
- Baking sheet
- Mixing bowl
- Food processor

Helpful Tips

- Coarsely mash and mix ingredients without blending for texture
- Serve as a dip for a variety of veggies including sliced bell peppers and carrot sticks
- Use as a spread on sandwiches or to flavor your next baked dish

Directions

- Preheat oven to 400°F.
- Cut the eggplants in half lengthwise and brush the cut sides lightly with 1 Tbsp olive oil.
- Place on a baking sheet, cut side down, and roast until very tender, about 35-40 minutes. Allow to cool after baking.
- Scoop the eggplant flesh into a large bowl and coarsely mash with a fork. Combine all remaining ingredients in food processor until smooth.
- Top dip with fresh chopped parsley and serve with choice of veggies.

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Sweet Korean Eggplant

Ingredients

1 tbsp  Oil
1/2  White onion, sliced
1  Japanese eggplant, cut into 1 inch strips
1/4 tsp  Sesame seeds, for garnish
1 tbsp  Green onions, sliced for garnish

Sauce:
- 1/2 cup  Water
- 1/4 cup  Soy sauce
- 2 tbsp  Brown sugar
- 2 cloves  Garlic, minced
- 1 tsp  Ginger, minced
- 1 tsp  Sesame oil
- 1 tsp  Corn starch
- 1/2 tsp  Crushed red pepper flakes

Equipment Needed

- Knife and cutting board
- Measuring spoon and cups
- Mixing bowl
- Non-stick skillet

Directions

- In a small bowl, mix together all the sauce ingredients.
- Heat the oil in a skillet over medium heat
- Add the onion and sauté until soft and translucent.
- Add the eggplant and sauce to skillet.
- Cover and simmer until the eggplant is cooked and liquid is evaporated, about 10 minutes.
- Garnish with green onions sesame seeds

Helpful Tips

- Serve as a side dish alongside brown rice, quinoa, or even noodles
- Too spicy or not spicy enough? Eliminate the crushed red pepper flakes for a mild flavor or add in more for spicy.
- If gluten-free is desired, sub the soy sauce for gluten-free tamari or coconut aminos

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