

Baked Eggplant Sticks

Great as a snack, appetizer or side dish

Ingredients:

- 1 Eggplant
- ½ t salt
- 1 t olive oil
- ½ t black pepper
- 1 large egg white
- 2 T parmesan cheese
- ½ C Italian seasoned breadcrumbs
- 1 C marinara sauce for dipping
- Baking Oil Spray
- Parchment paper

Directions:

- Preheat oven to 450 F
- Line two baking sheets with parchment paper and spray with the baking oil
- Cut off the ends of the eggplant and cut them into ¼ inch by ¼ inch strips. It is important to make sure all the strips are about the same size so they will cook evenly
- Place the eggplant strips in a bowl and season with the olive oil, salt, and pepper and set to the side.
- Place the egg white in a separate bowl
- Combine the breadcrumbs and parmesan cheese in a separate bowl.
- Dip the eggplant strips into the egg white and then in the breadcrumb mixture and place on the baking sheet.
- Spray the strips with baking oil
- Bake for 10 min on the middle rack of the oven
- Turn the eggplant strips and bake for 5 additional min or until golden brown.
- Serve hot with marinara

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