



Oven Fried Eggplant

Info:

Makes 4 Servings 90 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 Large Eggplant
- ❖ ½ Cup Egg Beaters (2 Eggs)
- ❖ ½ Cup Breadcrumbs
- ❖ ½ tsp Salt
- ❖ ½ tsp Pepper
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 400°
2. Thinly slice eggplant ¼ to ½ inch thick
3. Beat eggs in on bowl then combine the flour salt and pepper in a separate bowl
4. Dip each eggplant slice into egg then coat with flour mixture
5. Place on lightly greased baking sheet at bake 10 minutes
6. Serve hot with ketchup or plain