



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Eggplant

Breaded Eggplant

Ingredients:

1 eggplant, sliced to ¼- ½ inch thin
1 cup flour
½ cup corn meal
½ cup bread crumbs
½ cup grated parmesan cheese, divided
3 eggs, beaten
½ tsp dried oregano
½ tsp dried basil
1 tsp garlic powder
½ tsp salt
¼ tsp white pepper
chopped parsley for garnish
vegetable or canola oil

Directions:

Preheat your oven to 400F. Line a baking sheet with parchment paper. If you have an oil sprayer, it works best for this recipe but not necessary. Spray or lightly rub the parchment paper with oil.

Combine the corn meal, bread crumbs, garlic powder, ¼ cup parmesan cheese, salt, and pepper in a shallow dish. Place the flour in a separate shallow dish. Beaten eggs in a third shallow dish. Combine the oregano, basil, and a ¼ cup parmesan cheese in a separate container.

Dip a slice of eggplant into the flour then shake off the excess. The coating of flour should be very light so don't press the slices into the flour, quickly dip them and shake them off. Dip the slice into the beaten eggs then into the bread crumbs, again shaking off the excess. Repeat for each slice of eggplant. Once you have all the slices on the baking sheet. Spray them or drizzle lightly with oil. Bake for 10 min. Remove the sheet from the oven. Flip the slices of eggplant then sprinkle with parmesan herb mixture. Bake again for another 7 minutes or until they are lightly browned. Serve immediately.