



Crispy Eggplant Fries



1/4th of recipe (about 12 pieces): 80 calories, 0.5g total fat (0g sat. fat), 340mg sodium, 15.5g carbs, 4g fiber, 3.5g sugars, 4g protein

Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

1 medium eggplant (about 12 oz.), peeled, ends removed
3/4 cup whole-wheat panko breadcrumbs
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. black pepper
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute

Directions

Preheat oven to 400 degrees. Spray 2 large baking sheets with nonstick spray.

Cut eggplant into French-fry shaped spears.

In a medium-large bowl, combine breadcrumbs and seasonings.

Place eggplant in another large bowl. Top with egg whites/substitute, and toss to coat.

One at a time, shake eggplant to remove excess egg, and lightly coat with breadcrumb mixture. Evenly place on the baking sheets, and top with any remaining breadcrumbs.

Bake for 12 minutes.

Flip eggplant. Bake until lightly browned and crispy, about 12 more minutes.

MAKES 4 SERVINGS

Air Fryer alternative! Set air fryer to 392 degrees. Cook until golden brown, about 12 minutes, shaking the basket halfway through.

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