



COOKING WITH EGGPLANT

FRIED

INGREDIENTS:

1 large eggplant, 1 cup all-purpose flour, 2 eggs, 1 cup breadcrumbs, ½ teaspoon salt, ½ teaspoon black pepper, 2-3 tablespoons of olive oil

INSTRUCTIONS:

1. wash thoroughly before using.
2. use peeler to peel of skin. Remove top and bottom from the eggplant. Cut the eggplant into ½ inch thick slices.
3. Put salt on the slices and let sit for 30 minutes. This is to remove and extra water in the eggplant. Afterwards dry the slices by patting them with a paper towel.
4. spread oil over the slices and then coat them in bread crumbs.
5. Add oil to a pan over medium heat and proceed to fry the eggplant slices for around 3-4 minutes per side, or until they become golden brown.
6. When done, remove the fried eggplants and place them on a paper towel lined plate.

OVEN ROASTED

INGREDIENTS:

1 large eggplant, 2 tablespoons of olive oil, ⅓ teaspoon salt, ½ teaspoon black pepper, 2 cloves of minced garlic, and 1 teaspoon of thyme.

INSTRUCTIONS:

1. Preheat the oven to 400 degrees F.
2. Ready a baking sheet with parchment paper.
3. Wash the eggplant. Slice eggplant into ½ inch thick rounds or cubes.
4. In a bowl add salt, pepper, and minced garlic and dried thyme.
5. Lightly grease the eggplants with olive oil or butter, and coat the slices in the seasoning.
6. Place the eggplant onto a prepared baking sheet. Drizzle a little more olive oil or butter onto the eggplant.
7. Roasted in the oven for 25-30 minutes, and flip halfway through. When the eggplant turns golden brown and gets tender it is ready.

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