



# JERSEY TASTES!

## RECIPES

### *Baked Eggplant Sticks*

## INGREDIENTS

Recipe makes enough for classroom tasting

- 1 lb. eggplant, cut into 1-inch sticks
- 1 ½ tsp. olive oil
- ¾ cup Italian whole grain breadcrumbs
- 3 Tbsp. Parmesan cheese
- 2 large egg whites
- oil spray
- 1 ½ cups marinara sauce
- salt & pepper

**SCHOOL FOOD SERVICE**

**# PORTIONS: 24-6OZ PORTIONS**

- 90 oz. eggplant, cut into 1-inch sticks
- 3 Tbsp. olive oil
- 4 ½ cups Italian whole grain breadcrumbs
- 9 oz. Parmesan cheese
- 9 large egg whites
- oil spray
- 9 cups marinara sauce
- salt & pepper

Portion Size: 6 oz = 2 oz grain,  
Red/Orange 2 oz

RECIPES MADE IN COLLABORATION WITH:

## DIRECTIONS



**1**

Preheat the oven to 450°F. Line two baking sheets with parchment paper and lightly spray with oil. Place eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside.

**2**

Combine breadcrumbs and parmesan cheese in a bowl, egg whites in another. Dip a few strips of eggplant at a time into the egg whites, then into the breadcrumbs. Using a fork, remove eggplant from crumbs and place on the baking sheets. Spray with more oil and bake 10 minutes in the middle rack.

**3**

Turnover and bake an additional 5 minutes, or until golden. Serve hot, with a side of marinara.

### FUN FACTS:

While the deep purple eggplant is the most common, they also come in white, green, yellow, and even striped varieties. Eggplants contain 95% water. 50% of the volume is air. Eggplants belong to the same family as tomatoes, peppers, and potatoes, known as the nightshade family.

