



JERSEY TASTES!

RECIPES

Roasted Eggplant Slices

INGREDIENTS

Recipe makes enough for classroom tasting

- ½ teaspoon of Garlic powder.
- ½ teaspoon of sea salt.
- ¼ teaspoon black pepper.
- ¼ cup of olive oil.
- 2 medium-size eggplant.



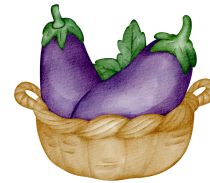
SCHOOL FOOD SERVICE
PORTIONS: 24-6OZ PORTIONS

- 12 medium-size eggplant
- 3 teaspoon of Garlic powder.
- 3 teaspoon of sea salt.
- 1.5 teaspoon black pepper.
- 1.5 cup of olive oil.

Portion Size: 6 oz:
¾ cup vegetables

RECIPES MADE IN COLLABORATION WITH:

DIRECTIONS



1

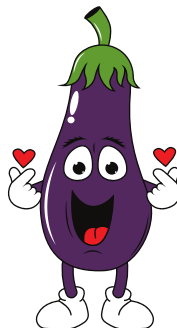
Preheat your oven to about 400 degrees. Slice the eggplant making circles. Get rid of the leafy end after slicing all circles.

2

Get a baking sheet, arrange all the sliced eggplants giving space for more eggplants. Sprinkle olive oil on the sliced eggplants, also sprinkle black pepper, sea salt, and garlic powder. Turn over the other side and repeat the sprinkling process.

3

Turnover and bake an additional 5 minutes, or until golden. Serve hot, with a side of marinara. Place the baking sheet inside the oven and leave for about 30-35 minutes, that should be enough time for the eggplant to become quite soft and slightly golden.



FUN FACTS:

NJ is the eggplant capital of the world. Botanically, eggplants are classified as berries, not vegetables, as they develop from the flowering part of the plant and contain seeds. Eggplants are low in calories and a good source of dietary fiber, vitamins, and minerals.

