

# recipe *Baked Eggplant Sticks*

## ingredients

- 10 ounce Eggplant
- 1/2 cup Italian seasoned breadcrumbs
- 2 tablespoons Parmesan cheese, grated
- 2 large egg whites, whipped

## directions

*Cut off the eggplant ends and cut in half lengthwise. Cut 1/4 inch slices and then from those, cut 1/4 inch sticks. Mix breadcrumbs and cheese in a bowl. In another, whip the egg whites. Dip the eggplant sticks into the egg whites and then roll in the breadcrumb mixture. Lay on large baking sheet lined with parchment paper and bake in 450 degree oven for 10 minutes. Turn over and bake another 5 minutes. Makes 32 sticks. Six sticks equals 1/2 cup baked eggplant.*



*Snack Crediting: 5 Servings for ages 3-5*

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