

ROASTED EGGPLANT

Ingredients:

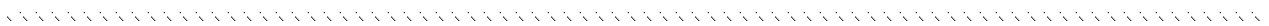
- 3 medium eggplant diced**
- 1 cup Italian vinaigrette**
- ½ cup of parmesan**
- 1Tsp crushed pepper**

CHEF'S SPECIAL!
These yummy recipes were created by our talented chef. As you all know, the chef may not necessarily be cooking with "regular" measurements as most "home cooks" would use. While it always turns out wonderfully, you may find yourself slightly changing the amounts at home to your own liking and taste. ENJOY!

Instructions:

Peel the eggplant and cut it in dices about half an inch thick. Put the dices into a bowl and toss the remaining ingredients on the eggplant. Mix them well while keeping the dices in their form. Spread the eggplant dices on baking paper on a baking pan and bake them for 20min at 350degrees.

Serves 5 people, recipe from: Chef Armando Olalde!



BAKED EGGPLANT

Ingredients:

- 1 large eggplant**
- 1 egg**
- 1 splash of almond milk**
- ¾ cup of almond flour**
- Salt and pepper to season**



Instructions:

Cut the eggplant in half inch slices and season with pepper and salt. Mix the egg with the milk and dip the eggplant slices into the egg mixture followed by dipping it into the almond flour. Bake the slices at 350 degrees until gold brown. Tip: instead of the egg you can use almond milk for a vegan version.

Serves 4-5 people

