HOW TO PREPARE

EGGPLANT

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Slice eggplant crosswise into thin circles.

Brush with oil and bake at 450° for 15 minutes or until golden brown.





Serve with marinara sauce.

Turn over for more details about this recipe!

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RECIPE

Roasted Eggplant

INGREDIENTS

- 2 medium eggplants
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1. Preheat oven to 450 degrees.
- 2. Wash eggplant and cut crosswise into half-inch circles.
- 3.Place eggplant slices onto large baking sheet.
 Sprinkle with oil, salt, pepper, and garlic powder.
 Flip eggplant slices and sprinkle other side with oil, salt, pepper, and garlic powder.
- 4. Bake in oven for about 30 minutes until eggplant is soft and golden, flipping halfway through.
- 5. Can be served with marinara sauce.

Makes 4 servings. Recipe courtesy of wholesomeyum.com.

SNAP (food stamps) can help extend your grocery budget! Call or text 615-310-0752 today for free, confidential help applying for SNAP.

For more assistance, text FEEDS to 797979 or visit secondharvestmidtn.org to find food near you.

