

## [EGGPLANT RECIPES BAKED HEALTHY](#)



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### **Healthy Baked Eggplant Parmesan Organize Yourself Skinny**

Many bake eggplant recipes call for panko breadcrumbs. Personally, I don't like using panko with baked recipes because the breadcrumbs don't stick. I much prefer to use plain regular breadcrumbs. For this recipe I mixed 1 cup plain regular breadcrumbs with 1/4 cup grated parmesan cheese and 1 teaspoon Italian seasoning.

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### **Baked Eggplant Bean Casserole Recipe Everyday Healthy**

Baked Eggplant Bean Casserole Recipe. Today is the first day of #NationalVegetarianWeek launched by the Vegetarian Society and I am joining in with this easy, delicious Baked Eggplant Bean Casserole Recipe. I am a flexitarian so I do occasionally eat meat and fish but my diet is mostly vegetarian.

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