

[HEALTHY BAKED EGGPLANT RECIPES](#)



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dried oregano, garlic powder, cooking spray, eggs, eggplant, tomato pasta sauce and 5 more

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Healthy Baked Eggplant Parmesan Organize Yourself Skinny

Then I mixed together 1 egg and 1 egg white in a bowl and then put together a breadcrumb mixture in another bowl. Let s talk a little about the breadcrumbs. 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 Recipe Allrecipes com

Arrange eggplant and tomato slices into the bottom of the prepared baking dish. Drizzle olive oil over the vegetables; season with oregano, salt, and pepper. Sprinkle Parmesan cheese over the entire mixture.

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Baked Eggplant Bean Casserole Recipe Everyday Healthy

This Baked Eggplant Bean Casserole Recipe is bursting with flavour and goodness - the beans are baked in a gorgeously rich and chunky, dairy free eggplant sauce, creating a quick, easy and delicious vegetarian meal idea.

<http://ebookslibrary.club/Baked-Eggplant-Bean-Casserole-Recipe-Everyday-Healthy-.pdf>

Recipe The Secret to Healthy Baked Eggplant Parmesan

Healthy Baked Eggplant Parmesan is layered with baked, not fried eggplant, tomato sauce and mozzarella cheese for a delicious meal the whole family is going to love! Healthy Baked Eggplant Parmesan. Eggplant Parmesan is one of my favorite recipes. Only I don t like all the added calories of frying the eggplant.

<http://ebookslibrary.club/Recipe--The-Secret-to-Healthy-Baked-Eggplant-Parmesan.pdf>

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