

# EGGPLANT BRUSCHETTA



## INGREDIENTS:

- 1 medium eggplant
- 3 egg whites
- Salt and Pepper
- 1 tsp oregano
- 3/4-1 cup bread or rice crumbs
- 1 large tomato
- 2 garlic cloves (minced)
- 1/4 cup Shaved Parmesan

## DIRECTIONS:

- 1) Preheat oven to 400 F. Line a baking sheet with aluminum foil and spray with cooking spray.
- 2) Slice eggplant in 1.5 inch slices. Cut the slices into 4 triangles.
- 3) Season each piece of eggplant with oregano and salt and pepper to taste.
- 4) Dip each eggplant piece in egg whites. Lightly bread each piece.
- 5) Place breaded eggplant on baking sheet.
- 6) Bake for 10 minutes, flip each piece, and bake for an additional 10 minutes.
- 7) Mix chopped tomato, salt to taste, and garlic cloves.
- 8) Top each eggplant with the tomato mixture and a few pieces of shaved Parmesan.

Enjoy!

Makes: 15-20 piece

1 Bruschetta: Calories: 33 | Protein: 2 gm | Carbs: 5 gm | Fat: 1 gm