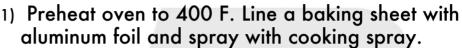
EGGPLANT BRUSCHETTA





- 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:



- 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!