

Easy Eggplant Cutlets



Ingredients

- 1 medium eggplant in 1" slices
- 1/4 tsp Celtic salt
- 1 C flour, any type
- 2/3 C water
- 1 tsp garlic powder
- 1 C breadcrumbs
- 1/2 C flax meal
- 2 C Your favorite marinara sauce
- 1/2 C non-dairy parmesan or 1/2 C nutritional yeast [optional]

When I changed my diet to basically no oil and no dairy products, I thought how can I give up - Eggplant Parmesan!

This is how to make it in half the time. They freeze well. Thaw and top with the marinara sauce. You can use gluten-free panko breadcrumbs if needed.

*This recipe was Army Approved by my military friends.
SEE NOTE.*

Method

1. Lightly salt each side and set on baking pan while you assemble the rest of the ingredients. You can let sit up to 8 hours.
 2. You need 3 shallow pans for the dredging
 - Pan #1: 3/4 cup flour; Pan #2: Rest of flour and water. Mix with a fork;
 - Pan#3: Breadcrumbs, flax meal and garlic.
 3. Preheat oven to 350 degrees F. Line baking sheet with a silicon sheet. Rinse salt off eggplant slices.
 4. Stab eggplant slice with a fork and dredge through Pan #1. Make sure there is flour on both sides. Tap excess off with finger. Dip both sides of slice in Pan #2. This is the "glue" for the breadcrumbs. Place in Pan #3 and completely cover with breadcrumbs. Tap off excess. Put on baking pan. Repeat with each slice.
 5. Bake for 10 minutes.
 6. While cutlets are baking, heat the marinara.
 7. Turn cutlets over and bake for another 10 minutes. They are done when easily pierced by fork.
 8. Place cutlets on plate and spoon marinara on to cover.
 9. Shake on the cheese or yeast and serve.
- Note: Marinara must meet Magic 3's/Max 6 criteria
- 10.