

Baked Eggplant Sticks

Strips of eggplant, breaded and baked until golden and served with a quick marinara sauce. Serve these as a snack, appetizer or side dish. I'm making these tonight with an eggplant I bought at the farmer's market and figured I would revive the recipe from the archives. Enjoy!

I can vividly remember the day when my picky daughter, who was in middle school at the time, told me she liked eggplant.

Eggplant? Really? She was eating dinner at a friend's and they were having breaded eggplant for dinner and she loved it. Kids are always more willing to try new food when they are eating over their friends'. I was delighted she liked a new vegetable and I made breaded eggplant for her at least once a month, only I baked them instead of making them fried.

Eggplant is probably not for everyone, but if you like eggplant, or want to try introducing them to your family and don't know how, this is a good place to start. There are many varieties of eggplant, Japanese eggplant is a bit sweeter and milder. If you have a farmer's market near you, you will find a lot of varieties is season right now.

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Servings: 4 • Serving Size: 1/4 • Old Points: 1 pt • Points+: 2 pt

Calories: 86.9 • Fat: 2.7 • Carbs: 12.0 g • Fiber: 2.5 g • Protein: 4.6 g • Sugar: 0.8 g

Sodium: 441.1 mg • Cholesterol: 2.0 mg

Ingredients:

- 10 oz eggplant
- 1 tsp olive oil
- 1/2 tsp kosher salt and fresh cracked pepper
- 1/2 cup Italian Seasoned breadcrumbs
- 2 tbsp parmesan cheese
- 1 large egg white
- oil spray
- 1 cup [quick marinara sauce](#) for dipping (optional, extra)

Directions:

Preheat the oven to 450°. **Line** two baking sheets with parchment paper and lightly spray with oil.

Cut ends off the eggplant. **Slice** eggplant in half, then into 1/4 inch thick slices. **Lay** each slice on the cutting board and **cut** into 1/4 inch strips. Be sure to cut all the strips the same size so they cook evenly.

Place eggplant strips in a bowl and season with olive oil, salt and pepper. **Set** aside.

Combine breadcrumbs and parmesan cheese in a bowl, and egg whites in another.

Dip a few strips of eggplant at a time into the egg whites, then into the breadcrumbs. Using a fork, **remove** eggplant from crumbs and **place** on the baking sheets. **Spray** with more oil and **bake** 10 minutes in the middle rack.

Turn over and bake an additional 5 minutes, or until golden. **Serve** hot.