Eggplant Fries (Air Fryer)

Servings: 4 (but they're healthy, so it's okay to eat them all)

Ingredients:

- 1 eggplant
- 1/2 c Italian bread crumbs (sub GF if desired)
- 1/4 c grated Parmesan cheese
- 1/4 c flour (sub GF if desired)
- 1 tsp Italian seasoning
- 1 tsp salt
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp pepper
- 2 eggs

Directions

1. Slice the eggplant into 1/2" rounds, then from there into 1/4" sticks.
2. Combine bread crumbs, Parmesan cheese, Italian seasoning, salt, basil, garlic powder, onion powder, and pepper in a bowl. Pour flour into a second bowl. Crack and beat the eggs in a third bowl.
3. Dip the eggplant sticks into the flour, then into the eggs, then into the breadcrumbs. Place the sticks onto a plate to rest for 5 minutes.
4. Place the eggplant sticks into an air fryer basket, making sure they are not touching (you may need to do multiple batches), and cook at 370°F for 12-15 minutes or until golden brown

---

Revision #2
Created 30 May 2023 23:08:20 by themanicotti
Updated 11 January 2024 01:00:30 by themanicotti