

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Eggplant Parmesan

1 serving

Ingredients:

- 1 small eggplant
- ½ Tbsp mayo
- ¼ - ½ c freshly grated parmesan
- Sea salt (optional)

Directions:

- Preheat oven on broiler. Put light coating of extra virgin olive oil on baking sheet.
- Slice eggplant to ¼" – ½" slices.
- Spread thin layer of mayo on each eggplant slice and dip each side into freshly grated parmesan cheese.
- Place on baking sheet and broil 15 minutes.
- THEN FLIP each one to broil for 15 more minutes.
- Salt to taste, if necessary.