



Quinoa Crusted Eggplant Or Chicken Parmesan

Equipment needed: sauté pan, stove top, oven

*Deep frying is not recommended for this recipe

Yield: (3) 2 piece servings

Ingredients

1 whole eggplant
or 4-6 oz chicken breast

1 cup cooking oil

marinara sauce

fresh Mozzarella

shredded Parmesan

fresh basil

Flour Mix

¼ cup AP flour

½ tsp garlic powder

½ tsp onion powder

½ tsp salt

¼ tsp pepper

Egg Wash

2 whole eggs

2 tbs milk



Quinoa Crust

1 cup #618222 Red, Black, White Quinoa Blend

½ cup grated Parmesan cheese

1 tsp garlic powder

1 tsp onion powder

3 tsp dried basil

1 tsp salt

½ tsp pepper

Preparation:

- 1) Preheat oven to 400°
- 2) Slice eggplant in ½ inch to ¾ inch thick slices
- 3) Sprinkle each side generously with salt and set on paper towel for 20-30 minutes to extract moisture from eggplant. Rinse well with cold water and pat dry
- 4) Working in batches, coat each eggplant slice or chicken breast with flour mix, tapping off excess flour
- 5) Dip in egg wash and coat in quinoa crust mix
- 6) Freeze or refrigerate for 20 minutes to set breading
- 7) Heat cooking oil in large sauté pan, ensuring you have enough oil to cover the eggplant or chicken halfway
- 8) Cook each side 1-2 minutes, color should be golden brown
- 9) Top each slice of eggplant or chicken with 1-2 tbs marinara sauce, 1 slice fresh mozzarella and a pinch of shredded Parmesan
- 10) Bake at 400° 5-8 minutes or broil 1-2 minutes until cheese is bubbly and golden brown

For Chicken:

- 1) Bake at 350 degrees for 10 minutes
- 2) Garnish with fresh basil and serve with pasta of your choice