



Crusted Cheesy Eggplant Recipe

Preparation Time	10
Cooking Time	25
Serving Size	10

Ingredients:

- 650 g eggplant, approximately 10 pieces
- 1/2 cup flour, all-purpose
- 1 pc egg
- 1/2 cup breadcrumbs
- 2 cup oil

FOR THE TOPPING

- 1/2 cup DEL MONTE Italian Style Spaghetti Sauce (250g)
- 100 g bacon, fried then crumbled
- 1/2 cup cheese spread

Preparation:

1. Slice the eggplant with stem into 3 to 4 pieces lengthwise. Sprinkle with flour, then dip in egg. Coat with breadcrumbs.
2. Fry until just golden brown. Drain on paper towels to remove excess oil.
3. Top eggplant with DEL MONTE Italian Style Spaghetti Sauce. Sprinkle with bacon then drizzle with cheese spread. If desired, bake in oven toaster.

Chef's Tip

Eggplants are like sponges and will soak oil as you fry. To minimize oil absorption, be sure to get the oil at the proper temperature. Take a pinch of breadcrumbs then drop into the oil. The breadcrumbs should sizzle and turn golden brown in a few seconds when oil is ready.

Lusog Notes

This Crusted Cheesy Eggplant dish is high in vitamin B1 that helps release energy from food. It is also a source of calcium needed for bone health.