



## *Garden Fresh Farm Recipes*

# Farm Fresh Air Fryer Eggplant

These farm fresh air fryer eggplant rounds are oil-free, yet they are crispy and crunchy. They are good eaten right out of the air fryer, dipped in your favorite sauce or topped with marinara sauce and mozzarella cheese. Any way, they are delicious.

### **Ingredients:**

1/2 cup Panko  
1/4 cup grated Parmesan cheese  
1/4 teaspoon Oregano  
1/2 teaspoon Parsley,  
1/4 teaspoon thyme  
1 teaspoon salt  
1/2 teaspoon dried basil  
1/2 ion teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon ground black pepper  
1 tablespoon olive oil  
1/4 cup flour  
2 large eggs, beaten  
1 medium eggplant, sliced into 1/2-inch rounds



### **Directions:**

Wash eggplant, cut into 1/2 inch rounds. Place slices on a paper towel and sprinkle both sides with salt. Cover with another paper towel and let sit for 30 minutes. This will draw excess moisture out of the eggplant and make it less bitter tasting.

Combine spice mixture well - oregano, parsley, thyme, salt, basil, garlic powder, onion powder, and black pepper in a shallow bowl.

Place flour in a separate shallow bowl and add in half the spice mixture. Mix well.

Place eggs with a tablespoon of water in a second shallow bowl. Beat well.

In a third shallow bowl combine panko, Parmesan cheese and remaining spice mixture. Add the olive oil and mix well.



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Dip sliced eggplant first in flour, then in beaten eggs, and finally coat with panko mixture.

Place coated eggplant on air fryer tray.

Preheat air fryer to 370 degrees F.

Cook for 12 to 16 minutes, flip tray half way through and cook until desired crispiness is achieved.

### **Notes:**

Optionally, for Eggplant Parmesan, top each eggplant round with marinara sauce and 1 slice of mozzarella cheese. Place the basket back in the air fryer and cook until cheese has started to melt, 1 to 2 minutes.

Serve with 1 cup marinara sauce and slices of mozzarella cheese.