



Stuffed Eggplant

Ingredients

1, 1.5-2# Eggplant (globe or italian variety recommended)

Sea salt

1 cup GF breadcrumbs (I like Aleia brand)

2 eggs

Warmed marinara sauce (like Rao brand)

Fresh Parmesan

Filling

8oz goat cheese, softened

2 Tbs. fresh basil

1 clove garlic, minced

1 tsp. cracked black pepper

Method

1. Peel eggplant and slice into 1" thick slices
2. Lay slices on tea towel and salt both sides. Flip over after 15 minutes and use towel to lightly press out moisture
3. Combine all filling ingredients
4. Pick two eggplant slices similar in diameter and spread 2-3 tablespoons of filling evenly on one piece and sandwich the two slices together
5. Coat all sides in egg wash and then bread crumbs
6. Place on greased air-fryer basket. Repeat with remaining slices.
7. Air-fry at 425F for 5-8 minutes and carefully flip over . Cook additional 5-6 minutes until golden brown
8. To serve ladle 1/4 cup sauce and grated parmesan over each portion