

Vegan eggplant "parm"



Ingredients:

- ~1 cup whole wheat panko bread crumbs
- 2 tablespoons nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- ~1/2 cup unsweetened almond milk
- 1 med/large eggplant into 1/4 thick slices

Directions:

1. Mix bread crumbs, nutritional yeast, onion powder and garlic powder in a shallow bowl.
2. Add unsweetened almond milk
3. Dip eggplant in milk and then in bread crumbs.
4. Place each slice on parchment lined baking sheet and bake at 375 for about 15 min,
5. Flip and bake for 5-10 min more until golden and crispy.
6. Cook whole wheat spaghetti according to package directions.
7. Heat low sodium, low sugar marinara sauce
8. Drain spaghetti and mix with sauce.
9. Put spaghetti on plate and top with 2-3 slices of eggplant.
10. Serve with a salad!