

Eggplant Schnitzel

Item	Amount	Available / Bought
	1 Large 1-1.5 pounds (500 - 700 grams) Eggplant	
	2 - 3 cups All Purpose Flour	
	2 – 3 cups Italian Seasoned Bread Crumbs¹	
	2 Eggs	
	Coconut Oil	

¹ If the bread crumbs are not seasoned, you need to also add salt and ground black pepper.

Eggplant Schnitzel (continued)

Item	Amount	Available / Bought
 A can of McCormick Pure Ground Black Pepper. The label is red with the McCormick 'M' logo at the top, followed by 'PURE GROUND Black Pepper' and 'MADE WITH PREMIUM PEPPERCORNS' at the bottom.	<p>As needed (If breadcrumbs are not seasoned) Ground Pepper</p>	
 A cylindrical container of Roland Sea Salt Fine Crystals. The label features a lighthouse illustration and the text 'SEA SALT FINE CRYSTALS'.	<p>Salt - fine</p>	