








## Eggplant Schnitzel

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

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

## Eggplant Schnitzel (continued)

Item	Amount	Available /Bought
	As needed (If breadcrumbs are not seasoned) Ground Pepper	
	Salt - fine	