

Eggplant Parmesan

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 10 Servings

Ingredients	Qty	Measure
Eggplant (peel and slice round, soak in salt water for 15 minutes)	30	Slices
All-purpose flour	2	Cups
Panko bread crumbs	1	lbs
Soy milk	½	Gallon
Cajun seasoning (Tony Chachere's)	½	Cup
Oil for frying	35	lbs

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Use standard breading procedure
2. Dust eggplant in flour (add Tony Chachere's)
3. Dip in soy milk
4. Roll and cover well with panko, repeat till all eggplant has 3 coatings
5. Deep fry, taste and sprinkle with salt if desired
6. Serve with marinara and vegan mozzarella if desired

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 3 pieces with 2 oz. marinara sauce

Nutrition Information

 *From USDA Nutrient Database

Calories: 425 Total Fat: 13 g Saturated Fat: 2 g Carbohydrate: 65 g Protein: 15 g Sodium: 428 mg
Vitamin A: 7% Vitamin C: 8% Calcium: 34% Iron: 22%