Breakfast Baked Tomato Eggplant



What You'll Need

› 1/2 pound small to medium-size eggplant (will make 6 slices depending on exact size)
› 1 tbsp olive oil
› 1 large egg
› 1 cup breadcrumbs
› 1/3 cup all-purpose flour
› 1 tsp dried oregano
› Sea salt (or table salt) and pepper to taste
› 2 eggs for poaching
› 6 tomato slices

Directions

1. Preheat the oven to 375 degrees F. Coat a baking sheet with olive oil.
2. Cut the eggplant into slices about 1/2 inch thick. Lightly salt the slices and stack on a plate and let sit for an hour.
3. Mix together the egg and 1 tsp water in a small bowl. In another bowl, combine the breadcrumbs, flour, oregano, sea salt and pepper.
4. Drain and dry the eggplant slices with paper towel. Dip the slices in the egg mixture and then into the breadcrumb mixture. Make sure slices are well coated on both sides.
5. Place on the baking sheet. Bake for 20 minutes or until brown. Flip over and bake another 10 minutes.
6. Remove from the oven. Place the slices on a plate. Top with a slice of tomato and serve with poached eggs.

To poach the eggs: Bring water to a boil. Gently crack an egg and place it in a small bowl. Gently place in the boiling water and cook for 4-5 minutes. Remove with a slotted spoon.
Tip: Spice it up by serving with your favorite hot sauce such as Sriracha sauce.