

EGGPLANT FRIES

Ingredients:

- 1 large eggplant
- 1/3 cup flour
- 2 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp pepper
- 2 Tbsp vegetable oil



Tip: add more colour and flavour to this recipe by including other vegetables such as yams, parsnips and zucchinis.

Instructions:

- Preheat the oven to 375 F.
- In a medium bowl, combine all the dry ingredients.
- Wash and cut the eggplants into long sticks, similar to the shape of French fries.
- Transfer the eggplant fries to the flour mix from the previous step. Make sure that all the fries are covered with this mix.
- Spread the eggplant fries on a large baking tray and drizzle with oil. Mix well, using tongs.
- Bake for about 10 to 20 minutes, until golden brown.
- Serve with our *Homemade Ketchup* recipe.

Serves 4

For more information

Check out www.lcbo.com for food ideas and drink recipes.