

CRISPY EGG PLANT

This is a perfect side dish to boost your fiber intake.

I usually cook a big batch and add it to any dishes—it pairs well with almost anything!

1 Serving: 1 cup

Calories: 52 Carbohydrates: 6.3g Protein:1g Fat: 2.3g Fiber: 2.5g

INGREDIENTS

- 1 medium-sized eggplant
- 1 Tbsp smoked paprika powder
- 1 Tbsp ground coriander
- 1 Tbsp garlic powder (optional)
- Salt & pepper, to taste
- Coconut spray, EVO spray, or a small drizzle of EVO oil

DIRECTIONS

1. Preheat the oven to 200°C (390°F).
2. Cut the eggplant into small cubes.
3. Toss the eggplant cubes with the spices (smoked paprika, coriander, garlic powder, salt, and pepper) until well coated.
4. Spread them evenly on a baking tray.
5. Lightly spray the cubes with oil or drizzle with a small amount of EVO oil.
6. Roast for 30-40 minutes, flipping halfway through to ensure even crispiness.

It's easy, simple, and a delicious side dish!

