

## **BREADED CHICKEN**

Dip chicken pieces in egg then in Italian bread crumbs. Bake directly on your oven rack at 350 until done, between 35 and 45 minutes (depending on the thickness and size of the chicken pieces).

## **BREADED EGGPLANT**

Peel and slice an eggplant into 3/4 inch slices. Dip in beaten egg and then into Italian breadcrumbs.

Heat a few inches of oil in a wok – the oil is ready when it energetically bubbles around a chopstick (or something similar) that's been inserted all the way to the bottom.

Fry eggplant a few pieces at a time until breadcrumbs are golden brown. Remove immediately to a paper towel for additional carry-over cooking. When cool to the touch, pierce with a toothpick – if there's still some internal resistance, it's not quite done, so it can be cooked on high in the microwave for about a minute to finish it off.

For an easy Eggplant Parmesan, overlap three or four slices of eggplant on a microwavable plate, top with a spaghetti sauce and cheese(s) of your choosing, and microwave about a minute on high to melt the cheese and heat through.