



MEET EDDIE EGGPLANT

Eddie is loaded with antioxidants which prevents your cells from becoming damaged. He can also be made into eggplant egg rolls.

Eggplant Egg Roll

Ingredients

- 1 medium-sized eggplant
- 1 tsp mixed herbs
- 1/2 tsp unsalted margarine, melted
- 2 whole eggs, beaten
- Pinch of salt and pepper
- Plain flour to coat

Steps

1. Preheat oven to 190°C
2. Half eggplant horizontally, then cut the 2 halves into 0.5cm-thick slices
3. In a bowl, combine egg, margarine and herbs. Season with salt and pepper
4. Coat each slice of eggplant with flour and dip them into the egg mixture until well coated
5. On a baking tray with parchment paper, place coated eggplant slices
6. Bake for about 8 minutes or until they have turned golden brown
7. Remove from oven to cool
8. Once they are cool enough to touch, roll them into sticks
9. Serve and enjoy immediately!



**KIDS
SAFE**



Watch **step-by-step**
video demonstration

Nutrition Facts
Supported by



Recipe
Developed by



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