

Coconut Panko Eggplant with Red Pepper Relish:

Ingredients:

- ✚ 1TB dried currants (raisins)
- ✚ ½ TB red wine vinegar
- ✚ ½ TB balsamic vinaigrette
- ✚ 1 small clove of garlic
-Kosher salt
- ✚ 1/4 can diced roasted red bell pepper (2 each)
- ✚ 2 TB pine nuts (*lightly toasted and coarsely chopped*)
- ✚ 1TB chopped marjoram (*or oregano*)
- ✚ 4 ½ TBS extra-virgin olive oil, plus some for searing
- ✚ Pinch of cayenne
- ✚ 1 tsp salt
- ✚ ½ tsp white pepper
- ✚ 1 large eggplant (1#), cut into ½ inch rounds
- ✚ 1 cup water with 2 tsp lemon juice
- ✚ 1 cup flour
- ✚ 1 cups panko breadcrumbs
- ✚ 1 cup shredded coconut, *lightly toasted*
- ✚ 1 TB fresh chopped parsley -garnish

Side Notes:

- ✚ *Mezzetta roasted red bell pepper is a good brand sold at most Targets.*
- ✚ *Red bell peppers are rich in many vitamins and antioxidants, including Vitamin C.*
- ✚ *Balsamic vinegar contains antimicrobial compounds, acetic acid, and antioxidants. It is also great for the skin! (©Medical News Today, 2018*
- ✚ *Eggplants contain fiber, potassium, vitamin C, and B6.*

Directions for the Relish:

- ✚ Finely chop garlic and use edge/side of knife to create a paste like texture. Add a pinch of salt.
- ✚ Dice (very small) the roasted red pepper, and remove any seeds. Place in a medium sized bowl and add 2 tsp of the red pepper juice from the jar. Stir in the currants, vinegars, garlic paste, pine nuts, marjoram, and 1 ½ TBs olive oil. Season to taste with salt and cayenne. Set aside.
- ✚ Slice eggplant in ½-inch rounds. In 3 bowls set up: 1 bowl flour, 1 bowl water with lemon juice, 1 bowl panko mixed with toasted coconut, salt and white pepper.
- ✚ Dredge eggplant slices in flour, then water, then panko with coconut. Flour-Water-Panko. Set aside on plate.
- ✚ Heat remaining 2 ½ TBs oil in a pan (medium heat). Once oil is heated, place breaded eggplant slices in pan and toast on each side until golden brown. Approximately 2-3 minutes on each side.
- ✚ Serve warm and top with red bell pepper relish (1Tb on each slice). Garnish with parsley and enjoy.

