

# True Oldies



Exclusive Radio Recipes

By Laura Kurella

## Crunchy 'n' Sweet Eggplant Chips

- 2 tablespoons powdered sugar
- 3 tablespoons cornstarch
- 1/2 cup panko (Japanese bread crumbs)
- 1/2 teaspoon fine sea salt
- 1 Japanese eggplant
- vegetable oil for frying



In a plastic or paper bag, combine sugar, cornstarch and panko. Using a mandolin (see note at bottom of page) or a vegetable peeler, slice eggplant into paper-thin rounds. In a heavy, deep skillet or Dutch oven (I prefer cast-iron), over a moderate heat, heat oil until it registers 365 degrees. Meanwhile, drop about six slices at a time into bag and toss until thoroughly coated, lightly pressing down to help coating adhere. Gently shake to remove excess and place on a cookie sheet. Continue in batches until all slices are coated then fry, in small batches so they are not crowded. Turn and separate with a slotted spoon until golden brown - about 1 to 2 minutes. Transfer chips to a wire or mesh rack, season lightly with salt. Chips will crisp as they cool. Serve at room temperature.

*Servings per recipe: 4. Per serving: Calories 183; Fat 6g; Sodium 383mg; Carbohydrates 27g; Fiber 5g; Sugar 8g; Protein 3g.*

## Eggplant Parmesan Chips

- 1 Japanese eggplant
- 1 tablespoon Italian Salad Dressing
- 1/4 cup seasoned bread crumbs
- 1 tablespoon grated Parmesan cheese
- Olive Oil cooking spray

Preheat oven to 400 degrees. Slice eggplant into 1/4-inch thick slices then place in a bowl. Add Italian dressing and toss to coat. In another bowl, combine breadcrumbs and cheese then dredge wet eggplant slices through the cheese/crumb mixture. Spray a baking sheet heavily with cooking spray then lay slices, spaced evenly on it. Spray slices with cooking spray, evenly coating. Bake for 10 minutes, flip chips then bake an additional 10 minutes. Remove pan from oven, turn broiler on high then broil chips for 2 to 3 minutes on each side. Serve with marinara sauce. *Servings per recipe: 4. Per serving: Calories 86; Fat 3g; Sodium 72mg; Carbs 13g; Fiber 5g; Sugar 2g; Protein 3g.*

### ***What is a Mandolin?***

Cut, slice, grate or julienne foods quickly and easily with a mandolin slicer. It offers four interchangeable blades that can make thick, medium or thin slices. Blades easily snap in and out of holder. The best part is these babies come in several price levels.

*I paid \$10 for mine and it has lasted—and stayed sharp—for over 20 years!*

