

## **Eggplant Snack Sticks**

**By: Dottie Baltz**

Makes 8 Servings

1 medium eggplant (about 1-1/4 pounds)  
½ cup toasted wheat germ  
½ cup grated parmesan cheese  
1 teaspoon Italian seasoning  
¾ teaspoon garlic salt or ½ teaspoon garlic powder  
½ cup egg substitute  
1 cup marinara sauce (no meat), warmed

Cut eggplant length into half inch slices, then cut each slice lengthwise into ½ inch strips. You should end up with 32 strips (4 per serving).

In a shallow bowl, mix the wheat germ, parmesan cheese, Italian seasoning, and garlic salt. Dip eggplant in egg substitute and then into the wheat germ mixture until the

---

sticks are completely coated.

Arrange in a single layer on a baking sheet that has been coated with non-stick cooking spray. Spray the sticks with a quick coating of the cooking spray also.

Broil four inches away from the heat element for three minutes. Remove from the oven, turn the sticks over and spray again with cooking spray. Broil for an additional two minutes or until golden brown.

Serve immediately with warmed marinara sauce.

4 sticks, plus 2 tablespoons of sauce = 1 serving

**Notes:** We prefer to use garlic powder to keep the sodium level down. I think the parmesan has enough of a salt flavor. Sticks can always be salted after they come out of the broiler for guests who prefer a saltier stick.

[www.gardensandcrafts.com](http://www.gardensandcrafts.com)