

# Diabetic friendly Eggplant Ricotta Bites

## Ingredients

1 medium eggplant  
Kosher salt  
All-purpose flour, for dredging  
2 large eggs  
3/4 cup breadcrumbs  
1/4 cup grated parmesan cheese  
1 tablespoon plus 2 teaspoons extra- virgin olive oil, plus more as needed  
2 large plum tomatoes, diced  
2 teaspoons red wine vinegar  
1 cup ricotta cheese  
Shredded fresh basil, for topping

## Directions

1. Thinly slice the eggplant into rounds and season with salt. Pour some flour into a shallow dish. Beat the eggs in another dish. In a third dish, mix the breadcrumbs and parmesan. Dredge the eggplant in the flour, then dip in the eggs and coat with the breadcrumb mixture. Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches, cook the eggplant until golden, about 2 minutes per side, adding more oil between batches, if necessary. Drain on paper towels and season with salt.
2. Toss the tomatoes with the remaining 2 teaspoons olive oil and the vinegar in a bowl.
3. Spoon some ricotta onto each eggplant slice. Top with the tomato mixture and basil.

