



# PAN-FRIED EGGPLANT



## SERVING SIZE

3



## INGREDIENTS

### ITEM

Eggplant, Cut Into Slices  
Salt  
Black Pepper  
Water  
Olive Oil Spray

### QUANTITY

6 Cups  
½ Tsp.  
¼ Tsp.  
¼ Cup



## PREPARATION

- ✔ Lightly spray a non-stick skillet with olive oil and heat over medium flame.
- ✔ Add the eggplant pieces to the skillet and season with salt and black pepper.
- ✔ Pour in the water and cover the skillet with a lid to let the eggplant steam for 4-5 minutes.
- ✔ Remove the lid and continue cooking, stirring occasionally, until the eggplant is golden brown and tender, about 8-10 minutes.
- ✔ Serve warm as a wholesome side dish.