

Vegan Eggplant Cutlets with Arugula Salad

This quick, easy to prepare vegan meal will introduce you to a very tasty meat alternative.

Serves 4

15.5 oz. can chickpeas

$\frac{1}{2}$ cup all purpose flour

1 $\frac{1}{2}$ cup dried breadcrumbs

3 T Italian Flat Leaf Parsley, chopped

1 $\frac{1}{4}$ t kosher salt

$\frac{1}{4}$ t fresh ground black pepper

1 'Asian Delite' Eggplant (1 $\frac{1}{2}$ lbs.)

Extra virgin olive oil

4 cups 'Dragon's Fire' arugula

1 cup 'Sun Gold' cherry tomatoes, halved

$\frac{1}{2}$ small red onion sliced thin

Lemon wedges as garnish

Drain chickpeas, reserve liquid (aquafaba)

Trim top and bottom of eggplant

Slice into $\frac{1}{2}$ thick rounds

Arrange breading station using 3 wide shallow bowls

Bowl 1 flour, bowl 2 chickpea liquid, bowl 3 breadcrumbs, parsley, salt, pepper

Dredge eggplant slices into each bowl in order bowl 1, bowl 2, and bowl 3

Set aside in a single layer

In a large skillet, heat $\frac{1}{4}$ in. oil over medium high heat.

Arrange cutlets not touching.

Cook 3-4 minutes until underside golden brown.

Flip and cook 2-3 minutes until golden brown.

Remove to paper towel lined plate.

Repeat with other slices, adding oil as needed.

Combine arugula, tomatoes, onion and chickpeas.

Sprinkle with olive oil, salt and pepper.

Serve on one plate as a complete meal.

Adapted from: [Vegan at Times](#) by Jessica Seinfeld