



**For More Information Contact:**

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*Skip the oven and deep fryer this summer and turn to an air fryer for quick and healthy dishes! Hy-Vee Savage Registered Dietitian Melissa Jaeger, RD, LD will show you how to use an air fryer along with how to create delicious Eggplant Parmesan and Crispy Chickpeas. To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.*

**Recipe #1: Air Fryer Eggplant Parmesan**

Servings: 4

**All you need:**

- 1 large eggplant (mine was around 1.25 lb.)
- 1/2 cup Hy-Vee whole wheat bread crumbs
- 3 tbsp. finely grated parmesan cheese
- salt to taste
- 1 tsp Hy-Vee Italian Seasoning
- 3 tbsp. Hy-Vee whole wheat flour
- 1 egg + 1 tbsp. water
- olive oil spray
- 1 cup marinara sauce
- 1/4 cup grated mozzarella cheese or mozzarella pearls
- fresh parsley or basil to garnish

**All you do:**

1. Cut eggplant into roughly 1/2" slices. Rub some salt on both sides of the slices and leave it for at least 10-15 mins. See notes section for details.
  - a. Peel eggplant prior to slicing if you prefer!
2. Meanwhile, in a small bowl, mix egg with water and flour to prepare the batter.
3. In a medium shallow plate combine bread crumbs, parmesan cheese, Italian seasoning blend, and some salt. Mix thoroughly.
4. Now apply the batter (egg, water and whole wheat flour) to each eggplant slice evenly. Dip the battered slices in the breadcrumb mix to coat it evenly on all sides.
5. Place breaded eggplant slices on a clean and dry flat plate and spray olive oil on them. See notes section for details.
6. Preheat the air fryer to 360F (typical air fryers take between 3 – 5 minutes to preheat). Then put the eggplant slices on the wire mesh and cook for about 8 min.
7. Top the air fried slices with about 1 tablespoon of marinara sauce and lightly spread fresh mozzarella cheese on it. Cook the eggplant for another 1-2 min or until the cheese melts.
8. Serve warm alone or on the side of your favorite pasta.



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Notes:

- Rubbing some salt to eggplant slices ahead makes it leach out the water from the inner cells. This step makes eggplant soft when cooked.
- First, spray oil on the breaded eggplant slices when stored in the plate. Then put the oiled side down on the wire mesh of the air fryer. Now spray oil to cover the other side. This way both sides of the eggplant will have an even brown color when cooked.

Recipe adapted from: [www.watchwhatueat.com](http://www.watchwhatueat.com)

**Recipe #2:**

**Crispy Chickpeas**

**All you need:**

- 1, 15 oz can Hy-Vee Garbanzo Beans (chickpeas)
- 1 Tbsp Hy-Vee Extra Virgin Olive Oil
- 1 tsp Hy-Vee paprika
- ½ tsp Hy-Vee cumin
- 1 tsp Hy-Vee garlic powder
- 1 tsp Hy-Vee chili powder
- ¼ tsp Hy-Vee salt

**All you do:**

1. Rinse and drain chickpeas. Let dry on a paper towel (allow at least 30 minutes to dry).
2. Add olive oil and seasonings to a bowl with chickpeas and mix.
3. Add mixture to the air fryer basket – only add ½ of can at a time to allow air to circulate between chickpeas.
4. Cook at 390 - 400 degrees for 10 minutes (shake them around after 5 minutes).
5. If you want them to be crunchier, cook for about 14-15 minutes.
6. Add them to a salad or eat them as a snack!

**Dietitian Tips:**

- Air fryers are easy and safe to use in your home! As an added bonus – you don't need to preheat the oven and heat up your whole house to have a delicious homemade meal in the summertime.
- Air fryers circulate hot air rapidly and grates allow additional fat to drip away from food as it cooks – resulting in quick and crispy appetizers, sides, entrees and desserts!
- Eggplant is fiber filled and is a good source of manganese – an essential trace mineral needed for bone formation and in carbohydrate metabolism.



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- Perfect – road trip snack! Chickpeas are loaded with fiber and protein to help keep you full longer and are an excellent source of folate, vitamin B6, vitamin C and Zinc.
- Hy-Vee dietitians offer a wide variety of services that can help you get ready for swimsuit season including store tours, meal prep workshops and Begin – our 10 week healthy lifestyle program.