



\$2⁴⁹
/Lb

Nectarines
Product of Chile

\$1⁶⁹
/Lb

Clementines
Product of Spain

2/99¢

Kiwi
Product of Italy

\$1²⁹
/Lb

Eggplant
Product of Mexico

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
producedepot.ca

\$1⁴⁹
/ea

Romaine Lettuce
Product of U.S.A.

69¢
/ea

Red Grapefruit
Product of U.S.A.

99¢
/ea

Bunch Spinach
Product of Mexico

BUTCHER & Seafood

\$4⁹⁹
/Lb
11.00/kg

Fresh Pork
Back Ribs

\$1⁹⁹
/Lb
4.39/kg

Fresh Whole
Chickens

\$3⁹⁹
/Lb
8.80/kg

Whole Mackerel
Previously Frozen

\$8⁹⁹
/Lb
19.82/kg

Fresh Cod Fillets
Product of U.S.A.

**WILD
CAUGHT**

GROCERY & Deli

Le Baron
Brie Cheese

\$3⁹⁹
250g

Tuscany or
Rosemary Ham

1⁹⁹
/100g

Beatrice
Chocolate Milk

\$1⁹⁹
1L

Betty 14 Grain or
Sunflower Bread

\$2⁴⁹
600g

WHAT'S FOR DINNER?

Garlic Parmesan Baked Eggplant

Ingredients

- 1 large eggplant
- 6 tablespoons unsalted butter melted
- 1 cup breadcrumbs
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning

Instructions

Start by preparing the eggplant: wash and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2" disks. Place all disks in colander or cooling rack set over baking sheet, sprinkle with salt and let sit for at least 30 minutes.

Next, melt butter in a bowl. Mix breadcrumbs, spices and Parmesan cheese in another bowl. Dip each eggplant disk into butter first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet.

Bake in 400 degrees F oven for 15 minutes, then flip each disk and bake for 7 more minutes. The eggplant should be golden brown and the breading crispy.

Serve as side dish, appetizer or use in eggplant Parmesan.

