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Crisp Eggplant Chips with Smoky Seasoning

Adapted from Author: Leanne Vogel

Thinly sliced eggplant rounds sprinkled with homemade smoky seasoning and slow roasted until crisp. Who knew that sprinkling eggplant with seasoning and slow roasting for an hour would create such a delicious snack?

Prep time: 15 mins

Cook time: 60 mins

Total time: 1 hour 15 mins Serves: 2

Ingredients:

- 2 eggplants, sliced thin
- Coconut oil spray or olive oil spray

Seasoning:

- 1/2 tablespoons smoked paprika
- 1/2 tablespoons garlic powder
- 1 teaspoons dried oregano leaves
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried ground sage
- 1/4 teaspoon sea salt
- Pinch cayenne pepper

Instructions:

1. Preheat oven to 350F and set aside 4 large cookie sheets.
2. Slice the eggplant using a mandolin slicer or a sharp knife. The slices should be as thin as a potato chip.
3. Lay the eggplant in a single layer on a baking sheet lined with baking foil or parchment paper and sprinkle with salt. Let it sit for up to an hour to leach out water before baking. Use a paper towel to tap on each slice and remove any excessive water.
4. Place completed slices on cookie sheets. Once all slices are on the sheets, spray with coconut oil or olive oil spray on one side. Then, sprinkle each slice with seasoning.
5. Once complete, flip over each eggplant slice and repeat with a spray and season. Place in the oven to bake for 30-40 minutes, depending on how thin you sliced them. If you make them too thick, they can take upwards of 1- 1 1/2 hours to complete.



Health Benefits - Eggplant is **very low in calories and fats but rich in soluble fiber content**. The peel or skin (deep blue/purple varieties) of aubergine has significant amounts of phenolic flavonoid phyto-chemicals called anthocyanins. Scientific studies have shown that these anti-oxidants **have potential health effects against cancer, aging, inflammation, and neurological diseases**. Total antioxidant strength measured in terms of *oxygen radical absorbance capacity* (ORAC) of aubergines is 993 $\mu\text{mol TE}/100\text{ g}$. At value 15; they are one of the *low glycemic index* (GI) vegetables. It contains good amounts of many **essential B-complex groups of vitamins** such as pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3). These vitamins are essential in the sense that body requires them from external sources to replenish and required for fat, protein and carbohydrate metabolism. Further, this vegetable is an also **good source of minerals** like manganese, copper, iron and potassium. Manganese is used as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Potassium is an important intracellular electrolyte helps counter the hypertension effects of sodium.

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