



# The Micheff Sisters

Super Subs (8/9/17 TDYC16077)

## Eggplant Pasta Sub

### Ingredients:

|          |                    |
|----------|--------------------|
| 1 medium | eggplant           |
| 1 cup    | breeding meal      |
| 8 slices | vegan cheese       |
| 4 cups   | prepared spaghetti |
| 4        | sub buns           |

### Breading Meal:

|        |                                 |
|--------|---------------------------------|
| 1 cup  | unbleached all-purpose flour    |
| ¼ cup  | nutritional yeast flakes        |
| 1 tsp. | McKay's Chicken Style Seasoning |
| 1 tsp. | McKay's Beef Style Seasoning    |
| 1 tsp. | onion powder                    |



### Directions:

For breading meal, mix all ingredients together in a medium sized bowl.

Wash the eggplant and then slice it into about 1-inch slices. Dip in the breading meal and place on a tray that has been sprayed with vegetable spray. Spray the tops of the eggplant with the vegetable spray as well. Bake at 400 degrees for about 20- 25 minutes turning over about 10 minutes into the baking time. When golden brown take out of oven. Place eggplant on the bottom, top with spaghetti and two slices of cheese. Grill in the oven just until cheese melts. Serve hot!

**Yield:** 4 Subs

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