

Egg Plant Bacon

INGREDIENTS

- 1 and 1/2 lbs eggplant, rinsed, stem removed, and sliced to 1/4-inch in long strips
- 1/4 cup tamari (*I use low-sodium*)
- 1/4 cup vinegar (*I used homemade peach skin vinegar*)
- 1/4 cup maple syrup (*or 2 tbsp maple syrup + 2 tbsp brown sugar or honey, if you run out of maple syrup*)
- 1/4 cup olive oil
- 2 tsp chili powder, BBQ rub, etc. (*I used **Southwest seasoning** from Penzey's*)
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- 1/2 tsp salt (*omit if using regular-sodium tamari*)



METHODS

1. Arrange the eggplant in rows in a 9" X 13" baking dish. Combine the marinade ingredients in a small bowl; whisk to mix well. Pour over eggplant slices, turning those on the bottom so that all pieces are well coated. Marinate at room temperature for about 1 hour, then shake off excess marinade and arrange on trays in a dehydrator, pieces not touching, and dehydrate at 140 degrees F for approximately 12 – 16 hours, or until the slices are crisp.

Yields 1 scant quart dried eggplant slices (*about 2 lbs would fill a quart jar without squashing the slices*).

Thanks to loalkitchenblog.com