

# ABOUT EGGPLANT

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*Eggplant belongs to the nightshade family which includes tomatoes, sweet peppers and potatoes. Eggplant is an excellent source of dietary fiber and is a very good source of heart-healthy potassium. Eggplant is also a good source of vitamin C, K, B6, folate, and niacin.*



## **Choose:**

- ◆ Eggplants that are firm and heavy for their size
- ◆ Skin should be smooth and shiny, and the color should be vivid
- ◆ Try this test for ripeness: gently press the skin with the pad of your thumb. If it springs back, the eggplant is ripe. If an indentation remains, it is not.

## **Avoid:**

- ◆ Eggplants with discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed

## **Storage:**

Do not cut eggplant before you store it. Place unwashed eggplant in a plastic bag and store in the refrigerator crisper. If it is too large for crisper, just place it on a shelf in the refrigerator.

## **Serving Tip:**

- ◆ First wash the eggplant then cut off the ends. Most eggplants can be eaten either with or without their skin. However, the larger ones and those that are white in color generally have tough skins and may be tough. To remove skin, peel it before cutting or if baking it, leave the skin on and you can scoop out the flesh once it is cooked.
- ◆ Eggplant can be baked, roasted, or steamed.



# EGGPLANT

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## Eggplant Dip



Yield: 6 servings

Time: 1 hour

### Ingredients

- 1 medium eggplant
- 4 green onions, minced
- 3 tablespoons parsley, minced
- 1/2 teaspoon freshly ground pepper
- 1 clove garlic, minced
- 3 tablespoons cider vinegar or red wine vinegar
- 3 tablespoons olive oil (preferred) or vegetable oil
- Salt

### Directions

1. Preheat oven to 350°F. Cut eggplant in half and place on a baking sheet flesh-side down; bake for 45 minutes, or until tender (smaller eggplants will take less time). When it is cool enough to handle, peel and chop coarsely.
2. Blend the scallions, parsley, pepper, garlic, vinegar, and oil in a food processor.
3. Put the mixture in a bowl and add the coarsely chopped eggplant and salt to taste. Serve chilled or at room temperature.

***Serving Ideas:***

*Serve with crackers, pita chips or toasted bread.*

Notes: \_\_\_\_\_

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## Baked Eggplant Sticks

Yield: 4 servings  
Time: 30 minutes



### Ingredients

- 1 medium eggplant
- 1 teaspoon olive oil (preferred) or vegetable oil
- 1/2 teaspoon salt and fresh cracker pepper
- 1/2 cup Italian seasoned breadcrumbs or crackers mashed with some Italian seasoning
- 2 tablespoons grated dry Parmesan cheese
- 1 large egg white
- Oil spray
- 1 cup marinara sauce for dipping

### Directions

1. Preheat the oven to 425°F. Line two baking sheets with foil and lightly spray with oil.
2. Cut ends off the eggplant. Slice eggplant in half, then into 1/4-inch thick slices. Lay each slice on the cutting board and cut into 1/4-inch strips. Be sure to cut all the strips the same size, so they cook evenly.
3. Place eggplant strips in a bowl and toss with oil, salt, and pepper. Set aside.
4. Combine breadcrumbs with Parmesan cheese on a plate. Dip strips into egg white, then into crumbs. Make sure each piece is covered.
5. Bake for 15 minutes and check to see if they are brown on the bottom as well. Rotate if necessary.
6. Cool slightly and serve with marinara sauce.

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# EGGPLANT

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## Eggplant Pasta



Yield: 4 servings  
Time: 45 minutes

### Ingredients

2 medium-large eggplant  
Salt  
4 tablespoons olive oil (preferred) or vegetable oil  
1 teaspoon garlic, minced  
4 small tomatoes, chopped  
1/4 cup milk  
4 tablespoons basil, chopped  
1/4 cup grated Parmesan cheese  
Freshly ground pepper

### Directions

1. Peel each eggplant leaving 1-inch of skin at the top and bottom unpeeled. Slice the eggplant lengthwise, about 1/4-inch thick slices. Evenly coat each slice with salt, and let them rest for 30 minutes. Rinse with cold water and roll in paper towels to dry. Slice the pieces into thin strips to resemble pasta.
2. In a large sauté pan, heat the oil. Add the garlic. Add the eggplant "pasta", and toss to coat.
3. Add the tomatoes, and cook for 3 minutes.
4. Add the milk and increase heat to thicken sauce.
5. Add the basil and Parmesan cheese, and toss to combine. Season with pepper. Serve immediately.

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