

# Eggplant

Eggplant is an egg-shaped, glossy, dark purple vegetable that has white flesh and a meaty texture. Eggplant is often used as a substitute for meat in dishes because of its texture.



## HOW DO I MAKE A GOOD SELECTION?

When shopping for eggplants, choose ones that have a shiny, smooth skin and without any bruises or blemishes. Choose eggplants that seem heavy for their size and that have a green stem that is free of mold. Smaller eggplants usually have a less bitter taste than larger eggplants.

## WHAT IS THE PROPER STORAGE?

Eggplants are very sensitive to temperature. Make sure to store your eggplant in the refrigerator. The white flesh inside an eggplant can turn brown quickly so be sure to cut an eggplant right before you want to use it.

## WHY SHOULD I EAT THIS?

Eggplants are full of vitamins, minerals and fiber. Eggplants have Vitamin C to help keep our immune system strong and help our bodies heal quickly. Eggplants are also full of fiber to help with digestion, keeping us feeling full, and can aid in keeping our hearts healthy.

## HOW COULD I USE THIS?

- Make a ratatouille with peppers and tomatoes
- Grill or bake it and serve as a side
- Add grilled eggplant to a sandwich
- Stuff with meat and grains and bake it
- Add eggplant to lasagna or a pasta sauce
- Add cut or mashed baked eggplant to a dip like Baba Ganoush
- Top a pizza with eggplant
- Cut and add to a soup
- Make a kabob with eggplant and other vegetables
- Add it to a stir-fry
- Add it to a curry



### DID YOU KNOW?

Eggplants are related to tomatoes and potatoes; all of these are part of the nightshade family.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 						X	X	X	X	X		
<b>MARKET</b> 						X	X	X	X	X		

Sources: SNAP-Ed Connections and Nebraska Buy Fresh Buy Local



Photo Credit: Marusa Cernjul

## RECIPE:

### Ratatouille

8 Servings

#### Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

#### Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into 1/2 inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Sauté until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of the 1/2 c. fresh chopped parsley.

#### Nutrition Info:

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 358mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: MyPlate Kitchen, ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.