

Eggplant

Selection - Choose eggplants that feel heavy and are free from cracks or marks.

Storage - Store in the refrigerator. Be sure not to set any other produce on top (stays fresh for 5-7 days).

Nutrition - Fiber in eggplant can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE EGGPLANT

- To make eggplant pizzas, slice the eggplant into rounds and use as the crust. Add any toppings. Roast in the oven for 15 minutes at 400 degrees.
- To bake eggplant, slice eggplant into rounds. Dip eggplant into egg and then seasoned breadcrumbs (regular or panko). Bake at 375 degrees for about 30 minutes.
- To sauté eggplant, heat oil in a pan, add diced eggplant and cook about 10 minutes. Add in diced tomatoes, sliced mushrooms and garlic powder. Cook for 5-8 more minutes. Salt and pepper to taste.

Ingredients

- ☐ 1/4 cup olive oil
- ☐ 1 small eggplant (stem removed, peeled and sliced end to end into 1/2-inch planks, then cut into 1/2-inch pieces)
- ☐ 1 small onion, diced
- ☐ 1 small green pepper, diced
- ☐ 1/2 teaspoon salt
- ☐ 1 clove garlic, chopped small
- ☐ 1 (15 ounce) can diced tomatoes with juice
- ☐ 2 tablespoons sliced black olives (optional)
- ☐ 3 tablespoons chopped fresh basil or 1 tablespoon dried basil

Directions

1. In a medium pot over medium-high heat, add olive oil, eggplant, onion and green pepper. Cook for 6 to 8 minutes, stirring often.
2. Stir in salt and garlic and cook one more minute.
3. Add canned tomatoes with juice and bring to a simmer (bubble). Reduce heat to medium-low, cover, and cook for 5 to 6 minutes. Stir and cover for 5 to 6 more minutes.
4. Turn off heat. Remove the lid, stir in black olives and basil. Allow to sit for 5 minutes before serving.

