

What's Fresh:

# Eggplant



## Storage Tips:

To keep fresh,  
store in the refrigerator.

Eat within 3 days.

## Healthy & Easy:

### ***Don't peel them!***

The skin of the eggplant contains most of its nutrients and dietary fiber.

*Did you know?*

Nasunin, a powerful antioxidant, gives eggplant skins its purple color.

## Preparation Tips:

- ◆ Just before using, rinse and pat dry.
- ◆ Slice off the stem and discard.
- ◆ Eggplants can be sliced in half lengthwise, cut into rounds, or sliced & cubed—depending on how you are preparing it.
- ◆ For even cooking, cut into equally-sized pieces. Eggplant shrinks when cooking.
- ◆ To remove any bitterness, place cut eggplant in a colander and sprinkle generously with salt. Let stand 20 minutes, then pat dry with a paper towel and prepare.

## Ways to cook eggplant



- ◆ **Microwave it.** Poke the skin multiple times with a fork, but do not cut. Microwave on high for 7 minutes (at this point it will begin to collapse). Turn and microwave for 3 more minutes. Allow to cool before chopping off the stem and slicing in half or into cubes. Drizzle with oil, salt, pepper and herbs.
- ◆ **Sautee it.** Heat a few tablespoons of oil over medium-high heat. Add cubed eggplant and cook, tossing occasionally, until tender and golden—about 10 minutes. Season with salt & pepper. For extra flavor, cook with minced garlic.
- ◆ **Roast it in halves.** Preheat oven to 450°F. Cut off the eggplant stem and slice in half lengthwise. Score the flesh down the middle with the a knife (do not cut through the skin). Cover a baking sheet with foil and brush with oil. Place the eggplant on the foil cut-side down. Roast for 20-25 minutes, or until skin begins to shrivel and the edges and cut surface have browned; the eggplant should be soft, but not collapsed. Cool, slice, season & serve!
- ◆ **Roast it in cubes.** Preheat oven to 375°F. Cut eggplant into 1-inch cubes. In a bowl, toss cubes with a few tablespoons of oil, salt and pepper (add a few cloves of minced garlic, if desired). Spread cubes in a single layer on a baking sheet. Roast for 10 minutes. Turn eggplants with a spatula and roast for another 10-20 minutes, or until tender and browned.
- ◆ **Grill it.** Slice eggplant into 1/2-inch rounds. Brush both sides of the eggplant with oil and season with salt. Place on a grill-rack over medium-high heat. Grill 3-4 minutes on each side, or until tender and well-marked.

See more recipes on the back 

