

What to do with... Eggplant

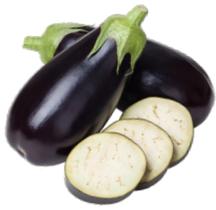


- Use as soon as possible. Eggplant can turn bitter. Usually good for up to 5 days.
- Store raw or cooked eggplant in the refrigerator. Do not freeze.
- There are many different colors of eggplant: black, purple, green, or white. And many shapes and sizes.
- Has a mild flavor. Picks up the flavors from what they are cooked with.
- Use in:
 1. Pasta dishes (or in place of pasta)
 2. Stir fries
 3. Casseroles
- Steps to prepare eggplant:
 1. Wash the eggplant
 2. Cut off the ends
 3. Cut into the desired shape
 4. Add salt and let sit for 15 minutes to “sweat.” This helps reduce the amount of oil you need.
 5. Rinse off the salt, then do one of the following:
 - Bake
 - Grill
 - Steam
 - Sauté

General nutrition information:

- Good source of fiber





Recipes

Eggplant

Nutrition information for 1 cup raw:

Vitamin A < 1% DV
 Vitamin C ~ 2% DV
 Potassium ~ 3 % DV
 Calcium < 1% DV
 Fiber - 10% DV

Eggplant Ratatouille

Ingredients:

- 1 eggplant, sliced
- 2 zucchinis, sliced
- 1 teaspoon salt
- 1 teaspoon olive oil
- 1 onion, sliced
- 3 tomatoes, diced
- 1 bell pepper, cored and sliced
- 1 garlic clove, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

Instructions:

- Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels.
- In a skillet, heat olive oil over medium-high heat on stove. Add onions and sauté until translucent, about 3 minutes.
- Stir in eggplant, zucchini, tomatoes, bell pepper, garlic, basil, and oregano. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked.



Nutrition Facts

6 servings per container
Serving size 1 serving (259.03g)

Amount per serving		
Calories		60
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	13g	5%
Dietary Fiber	5g	18%
Total Sugars	8g	
Includes g of Added Sugars		
Protein	3g	
Vitamin D	0mcg	0%
Calcium	37mg	2%
Iron	1mg	4%
Potassium	593mg	15%

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

(Recipe from: <https://eatSMARTmove.org/recipes/eggplant-ratatouille/>)

Italian Mixed Vegetables

Ingredients:

- 2 tomatoes, chopped
- 1 eggplant, sliced
- ½ bell pepper, chopped
- ¼ cup light Italian salad dressing
- ¼ cup reduced fat grated Parmesan cheese

Instructions:

- Mix vegetables and salad dressing together in a microwave-safe baking dish.
- Cook vegetables in a microwave on high for 10 minutes, stirring every 2-3 minutes.
- Sprinkle Parmesan cheese over the vegetables and allow to melt before serving.



Nutrition Facts

4 servings per container
Serving size 1 serving (173.88g)

Amount per serving		
Calories		45
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	<5mg	2%
Sodium	240mg	10%
Total Carbohydrate	7g	3%
Dietary Fiber	2g	7%
Total Sugars	5g	
Includes g of Added Sugars		
Protein	3g	
Vitamin D	0mcg	0%
Calcium	80mg	6%
Iron	1mg	4%
Potassium	397mg	8%

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

(Recipe from: <https://eatSMARTmove.org/recipes/italian-mixed-vegetables/>)



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