

## Nutrition Facts:

Eggplant is a great source of:

- Fiber for a **healthy digestion.**
- Antioxidants to keep your **body and brain healthy.**
- Certain compounds believed to have **heart-healthy** effects.
- Copper, Vitamin C, Vitamin B6, folate and niacin for a **healthy heart and brain.**

### Eggplant can be:

- Baked
- Broiled
- Fried
- Grilled
- Microwaved
- Pickled
- Pureed
- Used as a meat substitute

# EGGPLANT



### What is it?

Eggplant is a vegetable which belongs to the nightshade family which also includes tomatoes, sweet peppers and potatoes. These vegetables can grow in a variety of shapes and sizes but are usually purple, white or black in color.

### What does it taste like?

Eggplant is a spongy vegetable which is very slightly bitter taste. It goes great with spices, tomato sauce, curry, butter, or just a little garlic and salt.

### Fun Facts!

- Eggplant has been grown and eaten all over the world. Specific locations which enjoy eggplant's texture and flavor are Italy, Greece, Turkey and France.
- Thomas Jefferson grew eggplant in his garden. It is thought he introduced it to the United States.
- Eggplant got its name because certain varieties of the plant looked very much like an egg.
- Some people can have an allergic reaction to eating eggplants or other nightshade vegetables (potatoes, tomatoes, sweet peppers). Avoid eating these foods if you suspect an allergy.



# How To Prepare EGGPLANT

## HOW TO:

**CHOOSE:** Choose eggplants which are firm and have a smooth skin and no bruises or scars.

**STORE:** Place unwashed eggplants in a plastic bag and store in the refrigerator for a few days. Eggplants are quite perishable, and can damage easily.

**PREPARE:** Wash the eggplant before cutting. Remove both ends and slice according to recipe. Large eggplants or those with mostly white skin may have tough skins. You can cut off the skin before cutting.



Prepared by Hopelink Volunteers

### References:

1. Eggplant cover photo: NellieMcS / Foter / CC BY-NC-SA. Foter.com
2. Eggplant. Whfoods.com
3. Eggplant. <http://www.agmrc.org/>
4. Salting eggplant photo. <http://makelifespecial.com/>
5. Eggplant dish photo. [www.tasteofhome.com](http://www.tasteofhome.com)



## 'Sweating' an Eggplant

Eggplants have very high water content which can make meals and dishes soggy. To prevent this follow the 'sweating' instructions below:

1. Once your eggplant is cut to the shape and size you like, place it in a colander in the sink.
2. Sprinkle it with a light coating of salt and leave it alone for 30 minutes.
3. Before cooking, rinse the salted eggplant and pat dry. You have now 'sweated' an eggplant and it's ready for cooking!

## Eggplant with Tomato Sauce

### Ingredients:

- 1 medium eggplant
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 can (8 ounces) tomato sauce or 'spaghetti sauce'
- 1/4 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese, optional

Preheat oven to broil. Set oven rack as close to the top as possible.

1. Cut eggplant into coins, about 1/2-in. thick. Place on a broiler pan. Brush with oil; sprinkle with salt and pepper.
2. Broil for 3-4 minutes on each side or until tender. Watch this carefully, so it doesn't burn. Be very careful as this will be *very hot!*
3. Meanwhile, heat the tomato sauce and garlic powder. Drizzle over eggplant. Sprinkle with cheese if desired.

You can also add this on top of pasta for a complete meal.



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