



Give Them More
of the
Good Stuff!

Eggplant Basics

Shop and Save

- ✿ Choose eggplants that feel firm and heavy for their size, with skin that is shiny and smooth. Look for stems that are green and firm.
- ✿ Avoid eggplants with bruises, dull and wrinkled skin, or stems with mold or softness.
- ✿ Choose small- to medium-size eggplants. Large and mature eggplants are more likely to have thicker skin, larger seeds and a bitter flavor.
- ✿ Eggplant may be available in stores year round but will have the best flavor when in season. In Oregon, this is usually July through October.

*Eggplant is a good source of fiber,
which helps with digestion and may
lower your risk for heart disease.*



Types of Eggplant

- ✿ The oblong purple eggplant found in most stores is often called a globe eggplant.
- ✿ Other varieties to grow or find at farmers markets can be oblong, long, thin or round. Colors vary from white and green to pink, purple or black. Some have stripes of color.
- ✿ Enjoy all types grilled, roasted, sautéed or stir-fried. Eggplant goes well with many flavors.

Store Well Waste Less

- ✿ For best quality, plan to use eggplant within a few days of buying or harvesting.
- ✿ Eggplant stores best in a cool place (50 degrees F) away from sunlight and in a container with airflow. It can be stored for 4 to 7 days in the front of the refrigerator to protect from overchilling.

- ✿ Overripe eggplant can taste bitter. To reduce the bitterness, peel the skin, cut as desired and remove large seeds. Salting before cooking, as is often recommended, is not necessary.
- ✿ Rinse under cool running water and cut just before using. Leave the peel on for more fiber and nutrients or remove with a vegetable peeler.

- ✿ Freeze eggplant in airtight containers for longer storage. Place cooked pieces on a baking sheet, freeze until firm before freezing. You can also mash cooked eggplant and then package. For best quality, use within 8 months.



Enjoy Eggplant

Eggplant Pizza Slice

Ingredients:

- 1 globe **eggplant** (peel if desired)
- 1 cup **tomato pasta sauce** (try Food Hero's Quick Tomato Pasta Sauce)
- $\frac{3}{4}$ cup shredded **mozzarella cheese**
- 2 Tablespoons **bread crumbs**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
3. Slice eggplant into rounds about $\frac{1}{2}$ -inch thick. Place slices on baking sheet.
4. Top each eggplant slice with a rounded Tablespoon of sauce. Sprinkle a Tablespoon of cheese on top of sauce and $\frac{1}{2}$ teaspoon bread crumbs on top of cheese.
5. Bake for 15 to 20 minutes until the cheese is melted and bread crumbs are golden brown.
6. Refrigerate leftovers within 2 hours.

Note:

- Serve as a side dish or snack, or in a sandwich.

Makes 8 slices

Prep time: 10 minutes

Cooking time: 20 minutes

Go to
FoodHero.org
for tasty
eggplant
recipes.

Eggplant Dip

Ingredients:

- 1 globe **eggplant** or 2 to 3 smaller eggplants
- $\frac{1}{4}$ cup **tahini**
- 3 to 4 Tablespoons **lemon juice**
- 2 to 3 cloves **garlic**, minced or $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon **salt**
- 2 Tablespoons chopped **parsley** or cilantro (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a baking sheet or line sheet with aluminum foil.
3. Poke whole eggplant with a knife or fork in 8 to 10 places. Place on baking sheet and roast until the eggplant collapses and softens, about 45 minutes. Turn over after about 20 minutes. Smaller eggplants will take less time.
4. Cool eggplant for 10 to 15 minutes. Remove the stem and skin. Place cooked eggplant in a medium bowl or blender. Add the rest of the ingredients and stir or blend until smooth.
5. Scoop mixture into a serving bowl and sprinkle with parsley, if desired.
6. Refrigerate leftovers within 2 hours.

Note:

- No tahini? Use 2 Tablespoons smooth peanut butter and 2 Tablespoons vegetable oil.

Makes $1\frac{1}{2}$ cups

Prep time: 10 minutes

Cooking time: 45 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse eggplant under running water.
- place eggplant slices on a baking sheet.
- top eggplant slices with sauce, cheese and bread crumbs.