



Eggplant



Selecting Fresh Eggplant:

- Look for a firm eggplant that is 6 to 8 inches long.
- Choose one with tender, smooth, glossy skin & when it is gently pressed it yields to the pressure but the dent disappears.
- Look for an eggplant with an oval, not round, dimple at the blossom end.
- Select one where the stem and cap are still greenish and fresh-looking.
- Avoid eggplants that have hard flesh, and ones where the dent remains in the flesh after it is gently pressed because it is likely to be brown and spongy inside, taste bitter, and have large tough seeds.
- Avoid eggplant that is dull, discolored, soft, shriveled, split or has dark brown spots.

Measuring Fresh Eggplant:

1 medium eggplant = about 1¼ pounds as purchased = 1 pound ready-to cook
= 4 cups diced, raw or cooked

½ cup cooked = 1¾ ounces by weight = 50 grams

Handling and Storing:

- Handle gently to avoid bruises.
- Refrigerate unwashed eggplant in a perforated plastic bag in the fridge for up to 1 week.
- Eggplant develops a bitter taste when stored in the refrigerator so the sooner you eat it the better.

Preparation and Serving:

- Rinse off dirt. Cut off the ends. Peel if the skin is tough. Young tender eggplant may be cooked with the peel left on.
- Cook eggplant by baking, grilling, steaming or sautéing it.
- Avoid the tendency to overcook eggplant.
- Eggplant has a mild flavor that is enhanced by culinary herbs and other vegetables.

Nutrition Facts: One serving = ½ cup steamed eggplant: Calories 13, Protein 1 gram, Carbohydrates 3 grams, Fat 0 grams, Fiber 2 grams.

References: www.aboutproduce.com, <http://aem.cornell.edu/research/researchpdf/rb0207.pdf>, ESHA Food Processor, Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall, www.urbanext.uiuc.edu/veggies, www.oznet.ksu.edu/library/FNTR2/MF1181.PDF

Tomato Stuffed Eggplant \$

Serves 4

Ingredients:

2 small eggplants or 1 medium/large eggplant
2 tablespoons butter
2 tablespoons minced onion
1 tablespoon minced garlic
2 cups diced tomatoes
1 teaspoon salt
1 cup soft bread crumbs

Preparation:

Wash and dry eggplant; cut in half lengthwise. Scoop out pulp in the center, leaving a wall ½ inch thick, careful not to poke a hole in the sides/bottom. Place on a baking sheet and set aside. Dice the scooped out eggplant pulp into small chunks. In a skillet, melt butter over medium-low heat. Add onions and garlic and sauté for 3 to 4 minutes; add diced eggplant, tomatoes, bread crumbs, and salt; mix well. Fill eggplant shells with the mixture and bake at 375°F (190°C) until browned, about 30 minutes. Serve warm and enjoy!



Nutritional information per serving: 130 calories, 7g fat, 4g saturated fat, 15mg cholesterol, 670mg sodium, 18g carbohydrate, 6g dietary fiber, 6g sugars, 3g protein.

Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25