



COOKING WITH

EGGPLANT

ABOUT EGGPLANT

- In Renaissance Italy, the eggplant was called a mala insana or “crazy apple”
- Eggplant is actually a fruit, not a vegetable.
- Soaking eggplant for 20 minutes before cooking can cut any bitterness.

EXTENDING THE SHELF LIFE OF EGGPLANT

- Eggplant must be stored at room temperature, although it may be kept in the refrigerator 1 to 3 days if used soon after removal.
- Keep eggplant in a cool spot, away from direct sunlight, and use it as soon as possible after harvesting or buying.
- You can place it in a vented bowl, but avoid sealing it in a plastic bag, which can increase decay.

ROASTED EGGPLANT

SOURCE: marthastewart.com/313812/basic-roasted-eggplant

INGREDIENTS

- 1 eggplant
- Salt
- Pepper
- 2 teaspoons olive oil

INSTRUCTIONS

1. Preheat oven to 475 degrees. Cut eggplant into 1-inch cubes; divide between two rimmed baking sheets.
2. Dividing evenly, drizzle with olive oil, coarse salt, and ground pepper; toss to coat.
3. Spread in a single layer; roast, turning once, until golden and tender, 25 to 30 minutes. Cool on sheets.

Nutrition Facts

Amount Per Serving

Serving Size:

One cup of raw, cubed eggplant (82 grams)

Calories 20

% Daily Value*

Total Fat 0g

Cholesterol 0mg

Sodium 0mg

Potassium 0mg

Total Carbohydrates 5g

Dietary Fiber 3g

Sugars 2g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

*Based on a 2,000 calorie diet



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