

EGGPLANT



HOW DOES IT TASTE?

When cooked, eggplant is mild and rich with a creamy texture.

HOW DO I PICK IT?

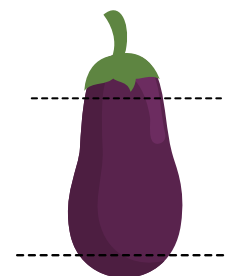
Choose a heavy, firm and glossy eggplant that's free of soft spots. Eggplants are available all year round at the grocery store but can be found locally in their peak season between the months of July to October.

HOW DO I STORE IT?

Store whole and unwashed in a plastic bag in the refrigerator. Use within 5-7 days.

HOW DO I PREPARE IT?

1. Wash eggplants to remove any dirt.
2. Cut off both ends of each eggplant.
3. Leave skin on as it contains many nutrients.
4. Cut according to recipe being used.



Cut into circles and **grill**, cut into small pieces and **roast** in the oven, **sauté** with your favorite veggies, add a few slices into a **sandwich**, cut into strips and **bake** for eggplant fries. Make an **eggplant parmesan**...and so much more!

EGGPLANT PIZZA BITES

Ingredients:

- 1 large eggplant, cut into 1/2 inch rounds
- Olive oil for brushing
- Ground black pepper to taste
- 1 cup marinara sauce (low sodium or no salt added)
- 1 cup shredded mozzarella cheese
- 1/4 cup finely sliced basil

Directions:

1. Preheat oven broiler to high.
2. Brush sides of each eggplant slice with oil. Place on baking sheet and season with black pepper.
3. Broil eggplant on top oven rack for 5 minutes and then flip over. Broil 3 more minutes.
4. Remove from oven when eggplant is tender and slightly charred on both sides.
5. Top each round with marinara and basil, then sprinkle with mozzarella.
6. Broil 3 minutes until cheese is melted and serve.



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KITCHEN TIP!

Cover your sliced eggplant rounds with salt to firm up the flesh and absorb the juices. Let sit for an hour, then wash off salt and prepare.