



Eggplant

3 Prep and cooking tips

- To avoid discoloration, cut just before cooking.
- In the past, recipes called for eggplant to be sliced and salted before cooking to reduce their bitterness. Modern varieties are much less bitter and no longer require this step.
- Roast a whole eggplant by poking several holes with a fork and baking at 400°F for 30 to 40 minutes. Add cubed eggplant to stir-fries, kabobs, or soups. Baked eggplant slices can be used as a noodle substitute in lasagna or as a chicken substitute for eggplant parmesan.

2 Shopping and storage

- Look for small to medium sized eggplants that feel heavy for their size. Avoid eggplants that have wrinkled, bruised, or cracked skin.
- For the best shelf life, store in the fridge up to a week and rinse just before using.

1 Nutrition Fact:

- Eggplant is rich in B-vitamins, potassium, and fiber. B-vitamins help turn food into energy in the body and are important for healthy blood and nerve cells. Potassium is a mineral in the body that plays an important role in fluid balance in the body's cells. Fiber helps keep your digestion regular, controls blood sugar, and lowers cholesterol.

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