**Eggplant**

*Why eat eggplant:*
- High in fiber, B vitamins, and many minerals.
- Great way to add substance to a dish without a lot of calories.

*How to store and when to throw away:*
- They can be kept in a cool place for use in a day or two but ideally should be stored inside the refrigerator, where they keep fresh for a few days.
- Throw out when majority of the eggplant is soft or mold is present.

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**Roasted Eggplant Dip**

*Makes 8 servings*

** Ingredients:**
- 3 tablespoons lemon juice
- 1 medium eggplant
- 1/2 cup plain Greek yogurt
- 1 teaspoon onion powder
- 1/4 teaspoon ground pepper & salt

**Directions:**
1. Preheat oven to 450 degrees.
2. Wash eggplant and cut into 1/2 inch round slices.
3. Lightly spray baking sheet with cooking spray. Lay eggplant out in a single layer. Bake in preheated oven for 10 minutes. Flip the eggplant slices and cook another 10 minutes.
4. Allow eggplant to cool. If you have a blender, place eggplant (with the skin on), garlic powder, onion powder, lemon juice, yogurt, pepper, and salt in the blender. Blend until smooth. If you don’t have a blender, finely chop cooked eggplant and then stir in remaining ingredients.
5. Serve with cut vegetables or baked tortilla chips.

**Chef’s Notes:**
- Use fresh diced onion and minced garlic in place of the powders. Sauté onion and garlic in a small amount of oil over low heat while eggplant is roasting. Cook until soft and caramelized.

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**Nutrition Facts**

Serving Size: 1/2 cup, cubes 82g (22g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 20</th>
<th>Calories from Fat 1%</th>
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<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 2mg</td>
<td>0%</td>
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<tr>
<td>Total Carbohydrate 5g</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Sugars 2g</td>
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<tr>
<td>Protein 1g</td>
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Vitamin A 0% • Vitamin C 3%
Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*
Roasted Tomato and Eggplant Pasta Salad

Makes 6 servings

Ingredients:

- 1 pint grape tomatoes
- 3 tablespoon canola oil
- 1 medium eggplant
- 2 tablespoon vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 cup whole wheat pasta
- 1 tablespoon dried parsley or 1/2 cup fresh

Directions:

1. Preheat oven to 350 degrees.
2. Rinse eggplant and tomatoes.
3. Dice eggplant into 1/2-inch pieces. Chop parsley.
5. While veggies are baking, bring a pot of water to a boil. Add pasta to water. Cook for 8-10 minutes or until tender. Strain pasta from water and let cool.
6. Mix together pasta, baked eggplant and tomatoes, parsley, oil, vinegar, oregano, salt and pepper

Chef’s Notes:

- Top with grated parmesan cheese.
- Vegetables can be substituted with others you may have to make a yummy pasta salad.
- Vinegar based pasta salads are lower in fat compared to mayonnaise based salad.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:  

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>2 1/2 cups</th>
<th>FRUITS</th>
<th>2 cups</th>
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<tbody>
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