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.

Roasted Eggplant Dip

Makes 8 servings

Ingredients:

3 tablespoons lemon juice	1 teaspoon garlic powder
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.

Quick Tips:

- Wash eggplant thoroughly in cold water before use. Trim the stalk end using a sharp knife.

- Sprinkle a pinch of cooking salt or soak pieces in lightly-salted water to remove the bitter compounds.

- Whole, cubed, or sliced, it can be used in a variety of recipes and the seeds are edible.

Nutrition Facts

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

Amount Per Serving

Calories 20	Calories from Fat 1

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 1g	

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.

4. Coat baking sheet with non-stick cooking spray. Spread out eggplant and tomatoes in a single layer. Lightly coat veggies with oil. Bake for 10-12 minutes, until soft.

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: VEGETABLES 2 1/2 cups   FRUITS 2 cups