



Eggplant

Vegetable Subgroup: *Other*

Serving Size per Meal Contribution: *1/4 cup pared, cubed, cooked*

1 lb AP = 0.81 lb ready-to-cook eggplant

1 lb AP = 6.7 1/4 cup servings cooked vegetable cubes

Peak Availability: *July to October*

Eggplant is a member of the nightshade family, which also includes tomatoes, potatoes, and hot peppers. Although long and purple is the most common form in the US, eggplants can also be green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football. Because of their fleshy texture they are often used as a meat substitute in dishes.

Storage

While it is best to use eggplant as soon as possible to prevent bitterness from developing as it ages, whole eggplant can be stored at room temperature for up to 2 days and up to 4 days refrigerated. It is best to keep it in a slightly warmer section of the refrigerator as eggplant are particularly sensitive to the cold. Look for shriveling as a sign of aging, and use the eggplant immediately.

Preparation

Most eggplants can be eaten either with or without their skin. However, the larger ones and those that are white in color generally have tough skins that may not be palatable. To remove skin, you can peel it before cutting or if you are baking it, you can scoop out the flesh once it is cooked.

To tenderize the flesh's texture and reduce some of its naturally occurring bitter taste, you can sweat the eggplant by salting it. After cutting the eggplant into the desired size and shape, sprinkle it with salt and allow it to rest for about 30 minutes. This process will pull out some of its water content and make it less permeable to absorbing any oil used in cooking. Rinsing the eggplant after "sweating" will remove most of the salt.

Cooking

Eggplant can be baked, roasted in the oven, or steamed. If baking it whole, pierce the eggplant several times with a fork to make small holes for the steam to escape. Bake at 350 degrees Fahrenheit for 15 to 25 minutes, depending upon size. You can test for its readiness by gently inserting a knife or fork to see if it passes through easily.

Nutrition Facts	
Serving Size 1/5 average eggplant (84g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Very good source of potassium, manganese, and folic acid

Serving Suggestions

- *Slice into thin layers and use in place of noodles in lasagna*
- *Slice eggplant into rounds. Dip into beaten egg whites, then in bread crumbs. Sprinkle with Parmesan cheese and bake until tender. Serve on rolls with mixed greens, tomato slices and black olives.*
- *Top a pizza with cubes of eggplant. Add tomatoes, black olives and red onion. Delicious!*
- *Peel and cube roasted eggplant. Add to tomato sauce with fresh basil and serve over pasta*
- *Add eggplant to your stir-fry early on [along with other hard vegetables] so it cooks thoroughly.*

Eggplant Recipes

Ratatouille

Serve with crusty bread for a delicious, hearty and healthy meal.

Preparation time: 45 minutes

Serves: 6

Vegetables per Serving: 2 ½ Cups

Ingredients:

2 teaspoons olive oil
1 large onion, halved and thinly sliced
1 small-medium eggplant, cubed
1 green bell pepper, chopped
1 red bell pepper, chopped
4 large tomatoes, chopped or 214.5- oz. cans diced tomatoes
2 medium zucchini
2 cloves garlic, minced
2 teaspoons Herbes de Provence

- Heat the oil in a large saucepan or Dutch oven over MEDIUM heat.
- Add all ingredients, except the garlic and herbs, and cook uncovered for 25 minutes, stirring every 5 minutes.
- Add the garlic and herbs, and cook uncovered, stirring every 5 minutes, until the vegetables are very soft.

Each serving provides: An excellent source of vitamin A, vitamin C, fiber and a good source of folate, magnesium and potassium.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and CDC nutrition standards.

Nutritional Information per Serving

Calories: 109	Carbohydrates: 17g
Total Fat: 4.4g	Cholesterol: 0mg
Saturated Fat: 0.6g	Dietary Fiber: 6g
% of Calories from Fat: 33%	Sodium: 17mg
Protein: 3g	

Baba Ganoush

Use this the same way you would use hummus! Serve with pita chips or cut veggies; in a sandwich fill a pita with Baba Ganoush, dark leafy greens, and tomatoes.

Preparation time: 60 minutes

Serves: 4

Vegetables per Serving: 1 ½ Cups

Ingredients:

1 large eggplant
2 teaspoons olive oil
2 tablespoons lemon juice
3 cloves garlic, minced
1 teaspoon onion powder
¼ teaspoon cumin
1 teaspoon fresh parsley, chopped

- Slice eggplant in half, and roast in a preheated 400 degree oven for 45 minutes or until soft.
- Let cool. Scoop out inside of eggplant, and discard skin.
- Combine eggplant and remaining ingredients in a blender or food processor, and blend until smooth.

Each serving provides: A good source of potassium and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 61	Carbohydrates: 10g
Total Fat: 2.6g	Cholesterol: 0mg
Saturated Fat: 0.4g	Dietary Fiber: 5g
% of Calories from Fat: 34%	Sodium: 4mg
Protein: 2g	

Eggplant Trivia

It is thought that in pursuit of fashion, ladies of China once used black dye from eggplant skins to stain what part of their body?

- (a) Hair (b) Nails (c) Teeth

Which country grows the most eggplant?

- (a) China (b) India (c) Egypt

By the 16th century eggplants were being used only for decoration and were referred to as "mad apples" because they were thought to cause people to become what?

- (a) Enraged (b) Insane (c) Crave apples

Eggplant were brought to America by Spaniards as "berengenas," meaning what?

- (a) Apples of love (b) Purple fruit (c) Meat Berries

Did you know? Eggplant got its name from an early variety that was white or yellow and the size of an egg.



Answers:

- (c) Chinese women are thought to have died their teeth black.
(a) China grows the majority of the world's eggplant with 58% of worldwide production with India coming in second with 25%.
(b) By the 16th century eggplant was mostly used in décor because it had gained a reputation of causing insanity if eaten.
(a) Spaniards called eggplant "berengenas" meaning apples of love.