

# EGGPLANT



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## GROWING



Eggplants are typically 6 to 9 inches long and are shaped like an egg. They have glossy skin and come in a variety of colors ranging from purple to black to white. They are a warm-season vegetable, and should be planted after the last spring frost.

## SELECTING



Eggplants are ripe when their skin remains indented when touched with your thumbnail or when they squeak when rubbed together. Choose eggplants that are uniform in color and free of signs of pests and soft spots.

## STORING



Store eggplants in the refrigerator and wash only when ready to use. Cut off any bruised areas before eating and if you have too many eggplants, consider freezing them for use at a later date!

## BODY



Eggplants that are purple in color have anthocyanins, which help with anti-aging, memory and reducing the risk of cancer. They are also a good source of fiber, potassium, copper, thiamine, B6, folate, magnesium and niacin. These nutrients help your body work properly. Eggplants are a type of vegetable. One should eat at least 2-3 cups of vegetables per day for a healthy diet.

## KITCHEN



Eggplants can be baked, broiled, microwaved or stir-fried. Before cooking, they should be washed and the stem should be cut off. Eggplants have a spongy texture and salting them can help pull out this moisture.

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**DID YOU KNOW?**  
THOMAS JEFFERSON WAS THE FIRST TO INTRODUCE  
EGGPLANTS TO NORTH AMERICA.

## BAKED EGGPLANT

Prep time: 40 minutes

### Ingredients

Eggplant  
Egg whites  
Italian bread crumbs  
Parmesan cheese  
Garlic

### Directions

1. Wash eggplants with lukewarm water and cut off the stem.
2. Slice eggplants into rounds.
3. Cut garlic into very small pieces (minced) and mix with bread crumbs on a plate.
3. Beat egg whites and dip eggplant rounds into beaten egg whites.
4. Place coated eggplant rounds onto bread crumb plate and cover both sides of the eggplant with bread crumb mixture.
5. Place into baking dish and sprinkle with Parmesan cheese.
6. Bake at 400 degrees for 30-40 minutes or until tender.
7. Serve on top of pasta with marinara or a salad.



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