Eggplant

How do I make a good selection?

When shopping for eggplant, choose ones that have a shiny, smooth skin and without any bruises or blemishes. Choose eggplants that seem heavy for their size and have a green stem that is free of mold. Smaller eggplants usually have a less bitter taste than larger ones.

What is Proper Storage?

Eggplants are very sensitive to temperate. Make sure to store them in a cool, dry spot (around 50F) or in the fridge. The white flesh inside an eggplant can turn brown quickly so be sure to cut right before using!

Why Should I Eat This?

Because they are delicious! Eggplants are full of vitamins, minerals, and fiber. They have Vitamin C to help keep your immune system strong and heal quickly. Eggplants are also full of fiber to help with digestion, keeping you feeling full and can aid in keeping your heart healthy.

How Could I Use This?

- Make a ratatouille with peppers and tomatoes
- Grill or bake and serve as a side dish
- Stuff with meat and grains and bake
- Add cut or mashed baked eggplant into a dip
- Use as a pizza topping
- Cut and add to soup
- Make a kabob with eggplant and other veg
- Add to stir fry
- Add it to curry
- Add grilled eggplant to a sandwich

RECIPE: Pasta with Eggplant & Tomatoes (from *Good and Cheap* by Leanne Brown)

INGREDIENTS

8 oz. cut paste of your choice

2 Tbsp oil (recommend olive oil)

1 large eggplant, cubed

4 cloves garlic, finely chopped

1/2 tsp. chili flakes

2 cups finely diced canned tomatoes

1/4 cup Romano or Parmesan cheese

Sprinkle of finely chopped basil (optional)

Salt and pepper

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www.rollingharvest.org

INSTRUCTIONS

Put a pot of water over high head and add a good shake of salt. Bring to a boil and cook pasta according to package.

While the pasta is cooking, set a wide pan over medium heat and splash with oil. Once the oil is hot, add the eggplant cubes, sprinkle with salt and cook until the cubes start to brown, about 5 minutes. If eggplant starts to look dry, add a bit of water.

Once the cubes are a little brown on all sides, add the garlic, chili, and tomatoes. Stir occasionally for 15 minutes. If it looks dry, add water. It will become a sort of loose, thick sauce.

Add half the cheese and half the basil, stir to combine.

Once the pasta is cooked, drain and add it to the saucepan with eggplant mixture. Toss everything together. Turn off heat. Add salt and pepper to taste and serve in bowls sprinkled with remaining cheese and basil.

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