



# Eggplant

Created by Lesley Sykes  
January 19, 2007



**DESCRIPTION:** A vegetable prized for its glossy, deep purple skin as well as its unique, pleasantly bitter taste and spongy texture.

**HEALTH BENEFITS:** Features a host of vitamins and minerals, along with important phytonutrients, many of which have antioxidant activity. Benefits include protection from cell membrane damage, cancer, high cholesterol, and poor cardiovascular health.

**NUTRITIONAL PROFILE:** (1 cup, cooked)

Calories: 28 g  
Protein: 0.83 g  
Carbohydrate: 5 g  
Total Fat: 0.15 g  
Fiber 2.5 g (10% RDV)  
\*Very good source of:  
potassium, copper,  
manganese, vitamin B1

**SELECTION TIPS:** Choose eggplants that are firm and heavy, with smooth and shiny skin. To test for ripeness, gently press the skin with the pad of your thumb—if it springs back, it is ripe, while if an indentation remains, it is not.



**STORAGE:** Store eggplant in a cool, dry place and use within a day or two of purchasing, or wrap in plastic and store in the refrigerator for up to four days. Do not cut eggplant before you store it as it perishes quickly.

## HOW TO ENJOY

- Can be eaten either with or without the skin, however the larger ones generally have tough skins. To remove, peel before cutting or if baking, scoop out flesh once it is cooked.
- To tenderize the flesh's texture, after cutting the eggplant, sprinkle with salt and allow to rest for 30 minutes. Rinsing the eggplant after "sweating" will remove most of the salt. Pat dry before using.
- Can be baked, roasted in the oven, or steamed. If baking whole, pierce several times with a fork to make small holes for the steam to escape. Bake at 350 degrees F for 15-25 minutes and if knife passes through easily, it is done.

## A FEW QUICK & EASY SERVING IDEAS

Preparation usually requires access to a kitchen, and although eggplants may not be handy to use in a dorm room, be sure to try these delicious serving ideas at a friend's or family member's home.

- For homemade babaganoush, purée a large roasted eggplant, 3 cloves garlic, 3 Tbsp tahini, 2 Tbsp lemon juice and ¼ cup olive oil. Use it as a dip for vegetables or as a sandwich filling.
- Mix a cubed baked eggplant with equal parts of grilled peppers and lentils, and top with some onions, garlic and balsamic vinaigrette.
- Stuff miniature Japanese eggplants with a mixture of feta cheese, pine nuts and roasted peppers.
- Add eggplant to your next Indian curry stir-fry.



\*For more information on healthy fruits and vegetables, visit: [www.whfoods.com](http://www.whfoods.com)



# Eggplant

Created by Lesley Sykes  
January 19, 2007



**DESCRIPTION:** A vegetable prized for its glossy, deep purple skin as well as its unique, pleasantly bitter taste and spongy texture.

**HEALTH BENEFITS:** Features a host of vitamins and minerals, along with important phytonutrients, many of which have antioxidant activity. Benefits include protection from cell membrane damage, cancer, high cholesterol, and poor cardiovascular health.

**NUTRITIONAL PROFILE:** (1 cup, cooked)

Calories: 28 g  
Protein: 0.83 g  
Carbohydrate: 5 g  
Total Fat: 0.15 g  
Fiber 2.5 g (10% RDV)  
\*Very good source of:  
potassium, copper,  
manganese, vitamin B1

**SELECTION TIPS:** Choose eggplants that are firm and heavy, with smooth and shiny skin. To test for ripeness, gently press the skin with the pad of your thumb—if it springs back, it is ripe, while if an indentation remains, it is not.



**STORAGE:** Store eggplant in a cool, dry place and use within a day or two of purchasing, or wrap in plastic and store in the refrigerator for up to four days. Do not cut eggplant before you store it as it perishes quickly.

## HOW TO ENJOY

- Can be eaten either with or without the skin, however the larger ones generally have tough skins. To remove, peel before cutting or if baking, scoop out flesh once it is cooked.
- To tenderize the flesh's texture, after cutting the eggplant, sprinkle with salt and allow to rest for 30 minutes. Rinsing the eggplant after "sweating" will remove most of the salt. Pat dry before using.
- Can be baked, roasted in the oven, or steamed. If baking whole, pierce several times with a fork to make small holes for the steam to escape. Bake at 350 degrees F for 15-25 minutes and if knife passes through easily, it is done.

## A FEW QUICK & EASY SERVING IDEAS

Preparation usually requires access to a kitchen, and although eggplants may not be handy to use in a dorm room, be sure to try these delicious serving ideas at a friend's or family member's home.

- For homemade babaganoush, purée a large roasted eggplant, 3 cloves garlic, 3 Tbsp tahini, 2 Tbsp lemon juice and ¼ cup olive oil. Use it as a dip for vegetables or as a sandwich filling.
- Mix a cubed baked eggplant with equal parts of grilled peppers and lentils, and top with some onions, garlic and balsamic vinaigrette.
- Stuff miniature Japanese eggplants with a mixture of feta cheese, pine nuts and roasted peppers.
- Add eggplant to your next Indian curry stir-fry.



\*For more information on healthy fruits and vegetables, visit: [www.whfoods.com](http://www.whfoods.com)