

A simple guide to

EGGPLANT



Raw eggplant can be slightly bitter with a spongy texture.



Although it can be eaten raw, eggplant is most often enjoyed cooked.



Cooked eggplant has a mild flavor & easily absorbs flavors from other foods.

How To Select



Choose eggplant with smooth, shiny skin that is even in color. It should be firm & heavy for its size.



Avoid brown or soft spots.



To check whether an eggplant is ripe, gently press your finger against the skin. If it leaves an imprint, it is ripe.



Smaller eggplant tend to be sweeter & tender, with fewer seeds.

How To Store

Raw

- Refrigerate whole eggplant in a plastic bag up to 7 days. For maximum freshness, wrap in a paper towel & place in a perforated plastic bag in the crisper drawer of the refrigerator.
- Eggplant may also be cut & blanched, or pureed & frozen up to 6 months.

Cooked

- Refrigerate up to 5 days. Lightly coat with lemon juice to prevent browning.

How To Prepare



Preheat oven to 400°F. Cut off stem & discard. Cut eggplant into 1-inch slices. Spread evenly on greased baking sheet & season with garlic & Italian seasoning. Roast 20 minutes per side, or until golden brown.



Add it to your next stir fry.



Tip Enjoy eggplant with the skin on for more fiber, vitamins & minerals.



SPICY CHICKEN & EGGPLANT STIR-FRY

Ingredients:

- 2 cups instant white rice
- 3 Tbsp canola oil
- 1 Tbsp toasted sesame oil
- 1 lb boneless, skinless chicken breasts, diced
- 1 1/2 lbs Japanese eggplant, sliced
- 3 cloves garlic, minced
- 1/4 tsp ground ginger
- 1/2 tsp crushed red pepper flakes
- 3 green onions, thinly sliced
- 1/4 cup reduced-sodium teriyaki sauce
- 1 (8 oz) package snow peas, ends trimmed

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Heat a large, deep skillet over medium-high. Add oils, chicken & eggplant to skillet. Cook 5-7 minutes or until lightly browned, stirring often. Add garlic, ginger, red pepper & onions. Cook 3-4 minutes or until onions are tender.
3. Add teriyaki sauce & peas. Cook 2-3 minutes or until vegetables are thoroughly cooked, stirring often.
4. Serve stir-fry over rice.

30 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(307g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 250mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 561mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.



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