



PURPLE POWERHOUSE

eggplant

Eggplants provide a significant amount of dietary fiber, as well as vitamins and minerals such as potassium, folate and vitamin K. Florida produces the majority of eggplants grown in the US.

DID YOU KNOW?



- Eggplant can easily be used as a meat substitute for meatless lasagna, pasta and parmesan dishes.
- The eggplant is really a fruit that we often use as a vegetable.
- Eggplants can be purple, green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football.
- Eggplant is a member of the nightshade family, which also includes tomatoes and hot peppers.

WELLNESS TIP

Take advantage of free resources from your library's selection of exercise videos and books.

SHOPPING, PREPARING AND STORING



- Select eggplants that have a smooth, glossy skin that is free of scars.
- Look for a firm eggplant. Soft eggplants are usually bitter tasting.
- Keep eggplants cool after purchasing and use them within three to four days.

COOKING TIPS



- Eggplant is versatile and can be baked, broiled, boiled, stuffed or used in a variety of casseroles.
- Eggplants can be bitter. The best way to combat this is to slice and lightly salt them. Allow them to drain on a wire rack for 30 minutes. Make sure to rinse off the salt and pat the slices dry before cooking.

BAKED EGGPLANT

serves 6

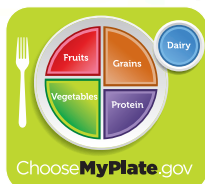


- 2 medium eggplants
- 1/2 cup low-sodium tomato sauce
- 2 cups dried bread crumbs
- 1 tablespoon dried oregano
- 1/2 teaspoon salt
- 1/2 cup parmesan cheese, grated

1. Preheat oven to 400 °F.
2. Peel eggplant and slice into 1/2-inch thick slices. Spread each slice with 1 teaspoon of the tomato sauce.
3. Put eggplant on a baking sheet, sauce side up.
4. Combine breadcrumbs, oregano and salt.
5. Sprinkle bread crumb mixture over eggplant slices. Top with cheese.
6. Bake for approximately 15 minutes or until browned on top. Serve immediately.

Recipe adapted from *Fresh From Florida Kids*, Florida Department of Agriculture and Consumer Services

Calories: 135; Total Fat: 4 g; Saturated Fat: 2 g; Total Carbohydrates: 18 g; Protein: 7 g; Sodium: 470 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

LIVING HEALTHY
IN **FLORIDA.COM**



This institution is an equal opportunity provider.

Florida Department of Agriculture and Consumer Services