

# Eggplant

## Key Points

- For the best buy, choose an eggplant with smooth skin and no soft spots.
- To prepare eggplant, rinse, cut off the tops and peel, if desired.
- To keep fresh, store eggplants in the refrigerator for up to 4 days.
- Eggplants contain fiber, which helps to keep you regular.

## Eggplant Oregano

### Ingredients:

2 eggplants, tops removed  
3/4 cup bread crumbs  
1/4 cup grated Parmesan cheese  
1 1/2 tablespoons oil  
1 teaspoon garlic powder (optional)  
1 teaspoon dried basil (optional)  
1 teaspoon dried oregano (optional)  
2 tomatoes, chopped

### Directions:

1. Preheat broiler or preheat oven to 450°F.
2. Spray a baking tray with non stick cooking spray.
3. Slice each eggplant into 6 long pieces. Place eggplant on baking tray and spray the slices with non stick cooking spray.
4. Broil until eggplant is browned, about 2 minutes. Turn eggplant over and cook the other side until browned, about 2 minutes.
5. In a medium bowl, combine bread crumbs, cheese, oil, garlic powder, basil and oregano.
6. Top eggplant with tomatoes and bread crumb mixture. Broil until the bread crumbs are browned, about 1 minute.  
Enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Summer Sauce

### Ingredients:

1 1/2 tablespoons oil  
2 garlic cloves, sliced  
1 can (28 ounces) pureed or crushed tomatoes  
1 teaspoon dried basil (optional)  
1 teaspoon dried oregano (optional)  
1 eggplant, chopped  
1 onion, chopped  
1 zucchini, chopped  
1 cup chopped mushrooms

### Directions:

1. Add 1/2 tablespoon oil to a medium pot over medium heat. Add garlic and cook until browned.
2. Add can of tomatoes, basil and oregano. Stir and bring to a boil. Lower heat and cook about 15 minutes.
3. In a large frying pan, heat remaining oil over medium heat. Add chopped vegetables. Cover and cook until vegetables become soft. Stir often.
4. Add tomato sauce to cooked vegetables and continue to cook over low heat for 15 minutes.
5. Serve over pasta or rice.  
Enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**



## Quick Tips

- Use diced eggplant as an ingredient in cooked vegetable side dishes or entrees.
- Fry, sauté, bake or grill sliced eggplant.
- Eggplant is great on the grill! Top eggplant with oil, salt and pepper and place on hot grill.
- Remember to rinse all fruits and vegetables before using.