

SIMPLY GOOD FOOD

Eggplant

Nutrient Analysis - 1 cup cooked:

38 Calories

Low in Sodium

Fair Source Potassium

From Fresh:

Wash and peel. Cut into cubes or cut crosswise into slices. To boil: cook, covered in a small amount of boiling water 8 to 10 minutes. To saute: cook in a small amount of oil or margarine, 5 to 8 minutes.

Compatible Seasonings:

- grated Parmesan cheese, basil, curry, oregano or marjoram (2)



*Best Season to
Buy Fresh:*

*September
(Available year-round)*

EGGPLANT: This plant is also known as aubergine, a member of the nightshade family, along with tomatoes, potatoes, and some poisonous plants. Originally an Oriental ornamental plant, eggplant got its name from yellow and white fruited varieties with egg-size fruits. During the sixteenth century, northern Europeans called them "mad apples" in the belief that consumption would cause insanity. They were brought to America by Spaniards. Ladies of China once made black dye from dark eggplant skins and used it to stain their teeth black, a fashion at the time. Eggplant may be white, purple, purple-black, green, orange or even striped. Under the skin, however, most varieties are pretty much alike. Eggplant is used as a meat substitute, baked, fried and as parmigiana. (1)



Eggplant Casserole

- 1 eggplant
- 1 cup water
- 1/4 cup melted margarine
- 2 eggs, well beaten
- 1/4 tsp pepper
- salt to taste
- 1 small onion, chopped
- 1 cup soft bread crumbs
- 1 1/2 cups grated cheese
- 1 tomato

Dice eggplant and boil in water until tender; drain well. Mash and combine with remaining ingredients except cheese and tomato. Pour 1/2 in a casserole dish and sprinkle other half with cheese; repeat layers. Slice tomato and place on top. Bake at 350°F for 30 minutes.

Crispy Eggplant Fingers

- 1 medium eggplant
- 2/3 cup fine, dry bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/2 tsp salt
- 1/2 tsp celery salt
- 1/4 tsp pepper
- 2 eggs
- 2 Tbsp milk
- vegetable oil

Peel eggplant; cut into finger-size strips. Combine next 5 ingredients; stir well. Combine eggs and milk; stir well. Roll eggplant strips in bread crumb mixture; dip in egg mixture, and roll again in breadcrumb mixture. Fry in hot oil until golden brown. Drain on paper towels. Yield: 6 servings

EGGPLANT-ZUCCHINI RATATOUILLE

- 1 large onion, thinly sliced
- 1 large green pepper, chopped
- 2 cloves garlic, minced
- 2 Tbsp vegetable oil
- 1 medium eggplant, peeled and cubed
- 3 medium zucchini, sliced
- 3 tomatoes, peeled and chopped
- 1/2 tsp salt
- 1/8 tsp pepper
- dash of dried whole oregano
- 2 to 4 Tbsp grated Parmesan cheese
- 2 Tbsp chopped parsley

Saute onion, green pepper and garlic in hot oil until crisp-tender. Stir in eggplant and zucchini; cook 5 minutes. Add tomatoes, salt, pepper and oregano stir well and cook just until thoroughly heated. Sprinkle with cheese and parsley. Yield: 6-8 servings

EGGPLANT CASSEROLE

- 1 medium eggplant, peeled and cubed
- 1/4 cup margarine, melted
- 1 cup cracker crumbs
- 1 small onion, finely chopped
- 2 eggs, well-beaten
- 1 10 oz can cream of mushroom soup
- cracker crumbs (reserved)

Cook eggplant in boiling water until tender; drain. Stir eggplant together with remaining ingredients. Pour into buttered casserole dish; sprinkle with reserved crumbs; bake at 350°F for 30 minutes. Yield: 6 servings

Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Ronda Alexander,
County Extension Agent 4-H, Lubbock County
Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton.; (2) "The Southern Living Cookbook,"

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