

Eggplant

Selection - Choose eggplants that feel heavy and are free from cracks or marks.

Storage - Store in the refrigerator. Be sure not to set any other produce on top (stays fresh for 5-7 days).

Nutrition - Fiber in eggplant can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE EGGPLANT

- To make eggplant pizzas, slice the eggplant into rounds and use as the crust. Add any toppings. Roast in the oven for 15 minutes at 400 degrees.
- To bake eggplant, slice eggplant into rounds. Dip eggplant into egg and then seasoned breadcrumbs (regular or panko). Bake at 375 degrees for about 30 minutes.
- To sauté eggplant, heat oil in a pan, add diced eggplant and cook about 10 minutes. Add in diced tomatoes, sliced mushrooms and garlic powder. Cook for 5-8 more minutes. Salt and pepper to taste.

Penne with Eggplant

Makes 4-6 Servings

Ingredients

- 8 ounces whole wheat penne or ziti (half of a 16-ounce package)
- 1 1/2 teaspoons canola or olive oil
- 3 cups cubed eggplant (about 1 small)
- 1/2 cup finely chopped onion
- 2 garlic cloves, chopped or 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1 1/2 cups pasta sauce
- 3 tablespoons finely chopped fresh basil or 1 tablespoon dried basil (optional)
- 1/2 cup + 1/4 cup shredded part-skim mozzarella cheese; keep divided

Directions

1. Cook pasta according to package directions, leaving out salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add cubed eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with 1/2 cup cheese and toss gently.
6. Top evenly with remaining 1/4 cup cheese. Serve immediately.

