

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.

Asian Inspired Sesame Peanut Eggplant

Makes 4 Servings

Ingredients

- 2 tablespoons sesame oil
- 2 tablespoons creamy peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 3 tablespoons maple syrup or honey
- Pinch of red pepper flakes
- 2 cups eggplant (stems removed, sliced end to end into planks, then cut into 1-inch pieces, skin on)
- 2 cups hot cooked rice
- 1 teaspoon sesame seeds (optional)

Directions

1. In a medium bowl with a fork, whisk together 1 tablespoon each of the sesame oil, soy sauce and maple syrup. Add eggplant pieces and toss to coat.
2. Heat a large pan over medium heat. When hot, add the eggplant pieces and any remaining sauce to the skillet. Cook for 3 to 4 minutes, turning eggplant until brown on all sides, about 1 to 1 ½ minutes per side.
3. When eggplant is ready, place on top of the rice in the serving bowl. Return the hot pan to the stove.
4. In a medium bowl with a fork, whisk 1 tablespoon each of sesame oil, soy sauce and maple syrup with the peanut butter, lime juice and red pepper flakes. Add the peanut butter sauce to the hot pan and cook for 2 to 3 minutes, stirring gently.
5. Drizzle hot peanut butter sauce over the eggplant and rice. Sprinkle with sesame seeds.

