

# 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.

## Tomato and Eggplant Stew

### Ingredients:

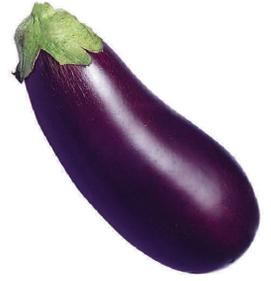
1 tablespoon vegetable oil  
2 cups chopped onion  
2 cups chopped bell pepper  
2 garlic cloves diced  
8 cups chopped eggplant  
1-28 ounce can, crushed tomatoes  
2 tablespoons Italian seasoning  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook for 1 minute. Add eggplant and cook 5 minutes more.
3. Add tomatoes and Italian seasoning, stir and bring to a boil. Reduce heat to low and cook until sauce thickens, and eggplant is fully cooked, about 15 minutes. Add salt and pepper to taste. Stir often.
4. 4.Serve hot or warm and enjoy!
5. 5. Refrigerate leftovers.

Makes 8 - 1 cup servings, as a side dish.

Adapted from [nytimes.com](http://nytimes.com)



## Quick Tips

Use diced eggplant as an ingredient in cooked vegetable side dishes or entrees

Fry, saute, 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

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## **JSY Checklist for Development and Evaluation of Recipes for Audiences with Limited Resources**

Tomato Eggplant Stew