

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

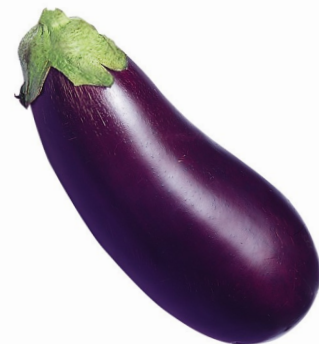
Ingredients:

- 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.

The Nutrition Facts Label—What does it tell us?

Recipe name: Eggplant Oregano

Nutrition Facts	
Serving Size: 1/6 of recipe (265g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	31%
Sugars 7g	
Protein 6g	
Vitamin A 10%	Vitamin C 20%
Calcium 10%	Iron 8%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Summer Sauce

Nutrition Facts	
Serving Size: 1/6 of recipe (281g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 45mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 6g	25%
Sugars 10g	
Protein 4g	
Vitamin A 15%	Vitamin C 40%
Calcium 6%	Iron 15%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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