

HOW TO USE EGGPLANT

How to Store

Store eggplant at room temperature and try to use as quickly as possible. Eggplant does not keep well in cold temperatures, making it hard to store; refrigerate for only a few days if necessary. If stored in the refrigerator for a long time, eggplant skin can pit and the pulp may turn brown.

To freeze, clean, peel if desired, and cut into 1/3-inch slices. Blanch in boiling water for 4-5 minutes, cool in ice water, drain, package in freezer bags or containers, and freeze.

How to Clean

Wait to clean until just before using. Clean under cool, running water. Cut off the stem portion.

Five Tips for How to Use

- Eggplant fries – Cut eggplant into one-inch strips. Bread and bake eggplant strips. Add parmesan and spices to the breading and serve with marinara or other dipping sauces.
- Eggplant kabobs – Toss chunks of eggplant and other vegetables (like tomatoes, mushrooms, zucchini, onions, and broccoli) in a bowl with oil and desired seasonings to coat lightly. Put vegetables on skewers and bake or grill.
- Eggplant parmesan – Use slices of eggplant like lasagna noodles.
- Eggplant mini pizzas – Cut slices of eggplant. Top with tomato sauce, cheese, and any other desired toppings; bake.
- Eggplant stir-fry – Add ground meat or tofu, vegetables like chiles, onions, and green beans. Season with soy sauce and garlic; serve with brown rice.

Hint: Microwave chunks or slices of eggplant before cooking to draw out some of the moisture. This can help make it less bitter and prevent it from absorbing too much oil while cooking.



**Turn over for
recipe**



Eggplant Tomato Zucchini Bake

Serves: 6

Ingredients:

- 1 eggplant
- 3 medium zucchini (about 1.5-lbs.)
- 1-pint cherry or grape tomatoes
- 1 tablespoon olive oil
- 3-4 garlic cloves, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2/3 cup grated or shredded cheese, divided
- ½ cup chopped fresh herbs (like basil and parsley),
• divided

Instructions:

1. Preheat the oven to 350 degrees F.
2. Lightly grease a casserole dish (approximately 9" x 9").
3. Cut the zucchini and eggplant into small, bite-sized pieces. Halve the tomatoes.
4. In a large bowl, mix together the cut vegetables, garlic, salt, pepper, 1/3 cup cheese, and ¼ cup herbs.
5. Add the vegetables to the baking dish and bake for approximately 30 minutes. Remove and carefully cover the dish with aluminum foil; bake for an additional 10-15 minutes, or until the vegetables are fork-tender.
6. Sprinkle with the remaining cheese and herbs. Serve warm.