

Eggplant



About Eggplant

- In Renaissance Italy, the eggplant was called a mala insane or “crazy apple”
- Eggplant is actually a fruit, not a vegetable.
- Soaking eggplant for 20 minutes before cooking can cut any bitterness.

Selecting and Storing

- Eggplant must be stored at room temperature, although it may be kept in the refrigerator 1 to 3 days if used soon after removal.
- Keep eggplant in a cool spot, away from direct sunlight, and use it as soon as possible after harvesting or buying.



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Goat Cheese & Eggplant Sandwich

Makes: 2 sandwiches

Ingredients

- 1 cup arugula
- 2 tomato slices (1/4")
- 1 ounce goat cheese, softened
- 2 eggplant, small, 1/4" vertical slices
- 2 whole wheat sandwich thins
- 1 teaspoon olive oil

Instructions

1. Preheat oven to 275 degrees F.
2. Lightly brush the eggplant with oil.
3. Lightly coat a large nonstick skillet with the cooking spray & heat it over medium-high heat. Cook the eggplant until lightly browned, for 5 minutes per side.
4. Spread the goat cheese over each sandwich thin. Place them cheese side up on a large baking sheet; bake in the oven until heated, for 8—10 minutes.
5. Remove from oven, assemble with arugula, 1 slice of tomato and 1 slice of eggplant.

Source: whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-green-chili-salad

Nutrition Facts

servings per container	
Serving size	(368g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 727mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor; version 11.4

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