



May Eggplant



Eggplant Is Nutritious and Good for You!

Good source of dietary fiber.

Low in fat.

Low in sodium.

Low in calories.

Fun Facts About Eggplant!

Eggplant belongs to the nightshade family, along with tomatoes and potatoes.

You can eat all parts of the eggplant fruit, including its antioxidant-rich skin.

Eggplants come in many different colors, such as purple, lavender, green and white

Did you know eggplants grow on short vines, similar to tomato plants? But as you might have guessed, they do feel, look, and taste different! Eggplants have a soft, spongy flesh, with a pleasant bitter taste. When paired with other strong-flavored ingredients, eggplants can help balance the overall flavor of the entire dish. Keep reading to learn all about eggplants!

Ratatouille

Ingredients:

- 1 Tbsp canola oil
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bell peppers (any color)
- 1 eggplant, peeled and cut into 1-inch cubes
- 1 can diced tomatoes, undrained (15 ounces)
- 1 tsp dried basil
- 1/2 tsp black pepper
- 1/2 cup parsley, chopped



Directions:

- Heat the canola oil in a large saucepan and sauté onion, garlic, bell peppers, and eggplant until tender - about 15 minutes.
- Add tomatoes and basil, cook for about 10 minutes.
- Add pepper and parsley right before serving.

Easy Eggplant Stir Fry

Ingredients:

- 2 eggplants, peeled and cubed
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 Tbsp Italian salad dressing, low fat
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked



Directions:

- Place the eggplant, zucchini, green bell pepper, onions, and salad dressing into a skillet.
- Stir lightly to combine and cook over low heat until tender
- Stir in cherry tomatoes and cook for an additional 3-5 minutes.
- Serve over cooked brown rice.

