

EGGPLANT

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Eggplants are in the same family as tomatoes and potatoes.
- Eggplants have shiny purple skin with white flesh and small edible seeds.
- Select eggplants that are small and slender. Eggplant flesh turns bitter as the fruit matures.
- Eggplants should be firm and shiny, or it is a sign that they are old.
- 1 cup of cooked eggplant contains:
 - 10% of your recommended daily value of fiber to support healthy digestion.
 - 6% of your recommended daily value of manganese to help the body produce and use enzymes.



PREPARE

Wash and cut off the ends. The skin is edible and quite tasty. If cooking eggplant whole, poke several small holes in it first.

Try eggplant:

- *Baked*
- *Grilled* over medium heat
- *Steamed* on the stove top
- *Sautéed* with other vegetables

STORE

- Store whole eggplants in the refrigerator for 5-7 days.
- Do not cut eggplants before you store, as they will go bad quickly.