

Eggplants



Eggplants come in various colors from deep purple to white and lavender and at times even orange. Choose a firm, glossy eggplant heavy for its size. To test for the ripeness of an eggplant, gently press the skin with the pad of your thumb. If it springs back, the eggplant is ripe, while if an indentation remains, it is not.

The eggplant is a very good source of fiber making it good for digestion. It has very few calories and no fat.

When preparing the eggplant for eating, first wash the plant and then cut off the ends. Most eggplants can be eaten either with or without their skin.

Eggplants can be baked, steamed or roasted to be eaten. You can also try making different eggplant recipes or use them in salads, pastas and sandwiches.

Eggplants need to be stored in a cool place. They will last longest if placed in the refrigerator crisper.



Recipes

EASY BAKED LOW CALORIE EGGPLANT PARM

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- 1 eggplant
- diced canned tomatoes in water
- extra virgin olive oil
- low fat mozzarella cheese
- grated or diced garlic
- salt and pepper

For easy cleanup, line baking pan with foil and wipe with olive oil. Add garlic, oil, and salt and pepper to the diced tomatoes. Slice eggplant into 1/4 inch slices, or as thinly as possible.

Place first layer of eggplant into baking dish. Place a layer of diced tomatoes and top with sliced mozzarella cheese. Continue layering eggplant, sauce and mozzarella until you have 2 or 3 layers.

Bake in a 350°F oven for 30-40min or until cooked through. Top with grated Parmesan cheese, if desired.

EASY BAKED EGGPLANT

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- 2 sm. eggplants, cut in 1/2 inch slices
- 2 tbsp. cooking oil
- 1 packet Italian herb dressing mix
- 1 (15 oz.) can tomato sauce
- 6 cloves garlic
- 1/4 c. wine
- 10 oz. sliced Mozzarella cheese
- Minced parsley

Marinate 4 garlic cloves minced overnight in tomato sauce herb mixture and wine. Coat medium size casserole with oil and layer the eggplant with remainder of minced garlic. Pour 3/4 of the tomato mixture over eggplant and layer cheese on top. Add remainder of sauce and sprinkle with minced parsley.

Bake 45 minutes in 350 degree oven. Serves 4.