



Eggplant

Eggplant is always cooked!

Eggplants bruise easily.

Store: Eggplant does not store well so use immediately for best flavor. If you must store them, wrap them in plastic and store for 1-2 days in the refrigerator. To freeze: wash, blanch or steam, peel if desired and place in freezer bags and place in freezer.

Prepare: Wash the eggplant just before using it. Cutting depends on how you plan to cook it. To bake a whole eggplant, poke the skin several times with a fork. Cut into slices to fry an eggplant or cut into thick lengthwise slices to broil.

Serve: Eggplant can be baked, grilled, steamed, or sautéed. Serve with tomatoes, onions, garlic and cheese. s always cooked. Undercooked eggplant can have a chewy texture. Overcooked eggplant is just very soft. Eggplant is bitter and fibrous raw.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Eggplant Recipe

Easy Baked Low Calorie Parmesan

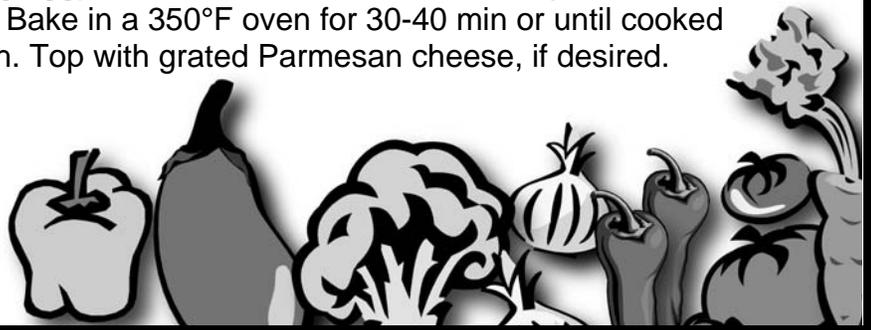
Ingredients:

1 eggplant
Diced canned tomatoes in water
Extra virgin olive oil
Low fat mozzarella cheese
Grated or diced garlic
Salt and pepper

Directions:

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 30-40 min or until cooked through. Top with grated Parmesan cheese, if desired.

enjoy!



Source:
<http://www.cooks.com/rec/doc/0,1953,138162-226201,00.html>



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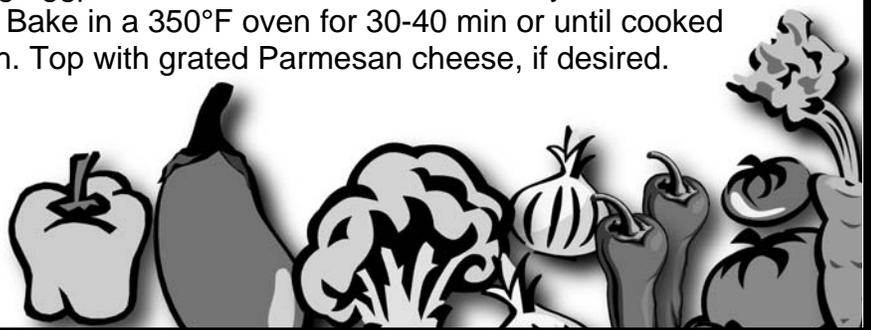
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