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Eggplant



Eggplant is related to the tomato and potato. Though commonly thought of as a vegetable, it is actually a fruit ... specifically a berry. There are many sizes and shapes, ranging in color from white to rich purple.

Nutrition Information

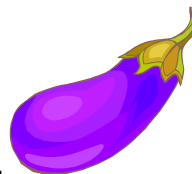
- * Fat, sodium & cholesterol free
- * High in fiber
- * Low in calories

Recipes

Kids Love It Eggplant

Cooking spray
2 beaten eggs
2 teaspoons olive oil
1 eggplant, peeled and sliced
1-1/3 cups herb seasoned
bread crumbs
Shredded mozzarella
cheese

Spray pan for broiling. Beat eggs and oil together. Dip eggplant in egg/oil mixture. Coat with bread crumbs. Broil 4 in. from heat 2 min. until golden brown. Turn over and broil 1 or 2 min. Sprinkle with cheese. Broil one more minute.



Eggplant Parmesan

2½ cups spaghetti sauce
1 medium eggplant (about 1½-2 pounds)
4 oz. grated part-skim mozzarella cheese
Grated Parmesan cheese (optional)

Preheat oven to 350°. Spray a 9"x13" pan with non-stick cooking spray. Pour ½ cup of sauce in pan. Peel eggplant and slice ½" thick. Arrange half of the slices in the baking pan. Top with 1 cup of sauce, half of the mozzarella cheese, the remainder of the eggplant slices, and the remainder of the sauce.

Cover with aluminum foil and bake for 45-55 minutes. Top with remainder of mozzarella cheese and return to oven, uncovered, until cheese is melted. Serve with Parmesan cheese.

Uses & Preparation

- To peel or not to peel... the choice is yours. If the eggplant is very fresh, it won't need peeling, but as an eggplant ages, the skin tends to get tougher.
- Cut surfaces will brown quickly when exposed to the air, but won't affect flavor when cooked.

Selection

- Look for firm, smooth-skinned eggplant that feels heavy for its size, has a glossy color and flesh that bounces back when lightly pressed. Avoid those with soft or brown spots.

Storage

- Eggplant can become bitter with age and are very perishable. Refrigerate uncut and unwashed in a plastic bag for up to 5 days.