

Cooking With Eggplant

Key Nutrients

- Eggplant is a good source of potassium (300 mg per cup of cooked eggplant)
- One cup of eggplant has only 22 calories!

Serving Size

One-half cup cooked eggplant provides 1 serving from the Vegetables food group.

Storage and Safety

Refrigerate uncut, unwashed eggplant in a plastic bag for up to four days.

You can also freeze eggplant: peel and cut into 3/4 inch slices, or dice. Steam-blanch 2 minutes for small dice or thin slices, or up to 5 minutes for thick slices. Chill in ice water with 1 tablespoon of lemon juice added. Drain and pat dry. Pack into freezer containers, seal and freeze.

Cooked eggplant leftovers should be refrigerated within 2-3 hours.

Preparation and Cooking

Eggplant is a spongy vegetable that soaks up oils and cooking juices, so measure the oil (fat) carefully. One pound of fresh eggplant equals 12-16 slices or 6 cups cubed. This will yield about 2 cups when cooked.

Broiled eggplant: Cut into 1/2 inch thick slices. Brush with vegetable oil, season with salt, pepper, and garlic, then broil for 2 minutes on each side. Good on sandwiches.

Breaded Eggplant: Cut into 1/2 inch thick slices. Dip slices in flour, then egg beaten with a little milk, then in seasoned breadcrumbs or cracker crumbs (salt, pepper, garlic powder, oregano, thyme, basil). Heat enough vegetable oil to cover the bottom of a frying pan. Pan fry slices until golden brown on each side. Drain well. Good on sandwiches or for a quick snack.

Baked Eggplant: Cut eggplant into 1/2 inch slices. Peel and place on greased baking sheet. Spread lightly with margarine or vegetable oil; season with salt and oregano or other seasonings. Bake, uncovered at degrees 375 degrees F. until fork tender or about 10-12 minutes. Add to lasagna or other pasta dishes.

Uses and Tips

- mix cooked, cubed eggplant with other stir-fried vegetables
- add cooked, cubed eggplant to your favorite pasta dish
- add cooked, cubed eggplant to stew or spaghetti sauce
- puree cooked, peeled eggplant with garlic, vegetable oil, and lemon juice; makes a great spread!

Source: Anne Hoisington, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>