

# Eggplant

Eggplant is an egg-shaped, glossy, dark purple vegetable that has white flesh and a meaty texture. Eggplant is often used as a substitute for meat in dishes because of its texture.



## How Could I Use This?

- Make a ratatouille with peppers and tomatoes
- Add grilled eggplant to a sandwich
- Stuff with meat and grains and bake
- Grill or bake and serve as a side
- Add eggplant to lasagna or a pasta sauce
- Add cut or mashed baked eggplant to a dip like Baba Ganoush
- Top a pizza with eggplant
- Cut and add to a soup
- Make a kabob with eggplant and other vegetables
- Add to a stir-fry
- Add to a curry

## Why Should I Eat This?

Eggplants are full of vitamins, minerals and fiber. Eggplants have vitamin C to help keep our immune system strong and help our bodies heal quickly. Fiber helps with digestion, keeping us feeling full, and can aid in keeping our hearts healthy.

## Proper Storage

Eggplants are very sensitive to temperature. Make sure to store your eggplant in the refrigerator. The white flesh inside an eggplant can turn brown quickly so be sure to cut an eggplant right before you want to use it.

## Make a Good Selection

Choose eggplants that have a shiny, smooth skin without any bruises or blemishes. Choose ones that seem heavy for their size and that have a green stem that is free of mold. Smaller eggplants usually have a less bitter taste than larger eggplants.

## What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b>						✓	✓	✓	✓	✓		
<b>MARKET</b>						✓	✓	✓	✓	✓		



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