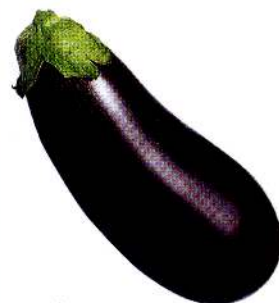


Eggplant

Key Points

- For the best buy, choose an eggplant with smooth skin and no soft spots.
- To prepare eggplant, rinse, cut off the tops and peel, if desired.
- To keep fresh, store eggplants in the refrigerator for up to 4 days.
- Eggplants contain fiber, which helps to keep you regular.



Eggplant with Basil

Ingredients:

1 tablespoon vegetable oil
1/2 jalapeno, seeded and diced
2 garlic cloves, diced
8 cups diced eggplant
2 tablespoons low-sodium soy sauce
1 teaspoon honey or sugar
1 cup chopped basil
Salt and pepper, to taste

Directions:

1. Heat oil in a large pan over medium heat. Add jalapeno and garlic and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup water, cover pan, and cook until eggplant is soft, about 6-7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Adapted from thaitable.com

Tomato and Eggplant Stew

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
1 cup chopped bell pepper
2 garlic cloves, diced
8 cups chopped eggplant
3 cups chopped fresh tomatoes
1 tablespoon fresh or 2 teaspoons dried thyme
Salt and pepper, to taste

Directions:

1. Heat oil in a large pot over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook 1 minute. Add eggplant and cook 5 minutes more.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

Makes 8 servings.

Adapted from nytimes.com



Just Say Yes to Fruits and Vegetables

Quick Tips

- Use diced eggplant as an ingredient in cooked vegetable side dishes or entrees.
- Fry, sauté, bake or grill sliced eggplant.
- Eggplant is great on the grill! Top eggplant with oil, salt and pepper and place on hot grill.
- Remember to rinse all fruits and vegetables before using.

Visit our website at www.jsyfruitveggies.org for more great recipes!

“This material was funded by USDA’s Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).