



eggplant

TASTY TIDBITS



Nutrition Nuggets

- Eggplant is a low-calorie and low-sodium food.
- It supports a healthy heart and bones, a strong immune system, and a healthy digestive system.



How to Store

- Keep separated from gas releasers, such as apples, apricots, and cantaloupe.
- Store in the refrigerator crisper drawer and use within 5 to 7 days.
- Do not cut before storing to maintain freshness.



How to Prepare

- Wash and dry.
- Remove and discard the cap and the stem.
- Cut into rounds, spears, or dice.



How to Enjoy

- Use as a side, sautéed, grilled, roasted, or baked in the oven.
- Add in stir-fry, pizza, or ratatouille.
- Use as a noodle alternative in lasagna.

#DYK

- The larger and older an eggplant is, the more bitter its flavor can be.
- One eggplant provides 30% of the daily recommended potassium and 14 grams of fiber.

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eggplant RECIPES

Broiled or Grilled Eggplant

INGREDIENTS

- Eggplant, cut into 3/4-inch slices
- 1 clove garlic, minced
- 1/2 tablespoon olive oil or as needed

DIRECTIONS

1. Preheat oven to broil setting or grill to medium-high heat.
2. In a small dish, mix the oil with the garlic.
3. Brush each slice with oil.
4. Broil or grill for about 5 minutes on each side or until eggplant is tender and browned.
5. Remove from the heat and serve.

Ratatouille

INGREDIENTS

- 1 eggplant, cut into 1-inch cubes
- 1 14.5-ounce can diced tomatoes
- 2 bell peppers, any color, chopped
- 1 yellow onion, sliced
- 3 cloves garlic, minced
- 2 tablespoons oil
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 cup fresh parsley, chopped

DIRECTIONS

1. Heat oil in a large skillet and sauté onion, garlic, bell peppers, and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil and cook about 10 minutes.
3. Add pepper and parsley before serving.
4. Serve hot.

Roasted Eggplant with Tomato Sauce

INGREDIENTS

- 2 eggplants, cut into 1/2-inch slices
- 1 cup pizza sauce, low-sodium
- Cooking oil spray, as needed

DIRECTIONS

1. Preheat oven to 350° F.
2. Spray a baking sheet with cooking oil spray, and lay the eggplant on the sheet in a single layer.
3. Spoon pizza sauce on each slice.
4. Bake for 30 minutes or until tender.
5. Serve hot.

Tip: For an eggplant pizza snack, remove the eggplant after baking for 25 minutes. Sprinkle mozzarella cheese on top of each slice and bake for 5 more minutes or until cheese is melted.