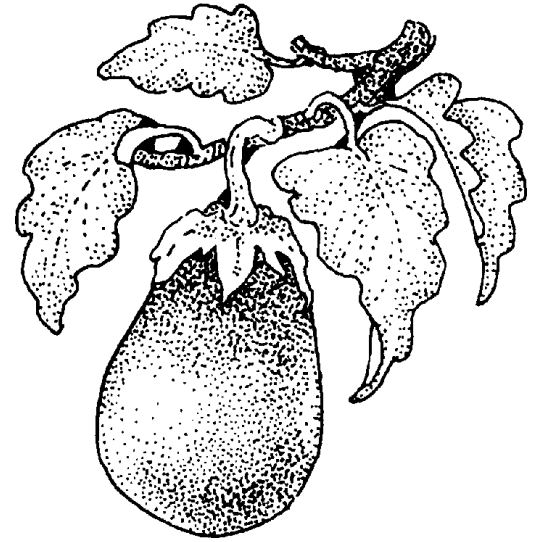


Eggplant



Eggplant is deep purple in color, making it one of the prettiest vegetables around. Its meaty texture makes it a perfect ingredient for main-dish vegetarian recipes. It is used a lot in Asian, Middle Eastern, and Mediterranean cooking.

Always cook

eggplant before eating. It contains a toxic substance that is destroyed when you cook it. But avoid frying. Eggplant soaks up oil like a sponge. Many recipes call for salting the eggplant to remove some of the water in it. Skip that step if you are trying to cut back on your salt

intake. Eggplant can be baked or roasted whole. It can also be cut up and sautéed, steamed, or stewed. At your next summertime cookout, try grilling sliced eggplant with spices.

Eggplant and Tomatoes

Makes 4 servings

Ingredients:

- 1 eggplant, cubed
- 2 or 3 tomatoes, cored and chopped
- 1 onion, chopped
- 2 Tablespoons oil
- 1 teaspoon oregano
- Several leaves fresh basil, chopped
- 1 Tablespoon fresh parsley, chopped
- Pepper to taste

Directions:

1. Sauté onion in oil until soft and clear.
2. Add the eggplant, tomatoes, and seasonings.
3. Cover and simmer for about 30 minutes, until vegetables are tender.
4. Serve over brown rice.

Nutrient analysis includes 1 cup brown rice.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (449g)
Servings Per Container 4

Amount Per Serving

Calories 350 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 60g **20%**

Dietary Fiber 8g **32%**

Sugars 4g

Protein 7g

Vitamin A 8% • Vitamin C 40%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- At the market, choose a firm, heavy eggplant that has smooth, shiny skin.
- Although eggplant skin is often peeled, it's not necessary to do so. It depends on your preference and the type of dish you're making.

Complementary Herbs

basil
chervil
oregano
parsley
sage
tarragon
thyme

Eggplant and Rice

Makes 4 servings

Ingredients:

- 1 Tablespoon plus 1 teaspoon olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, chopped
- 1 eggplant, peeled and cut into cubes
- 1/2 tomato, chopped
- 1 bay leaf
- 1/2 teaspoon dried thyme (or 2 teaspoons fresh thyme, minced)
- 1 cup long-grain rice, uncooked (try brown rice!)
- 2 cups water or chicken stock

Directions:

1. Heat oil in a saucepan over medium-high heat.
2. Add onion and garlic and sauté for 3 to 4 minutes, or until onion is softened.
3. Stir in the eggplant, tomato, bay leaf, and thyme. Mix thoroughly.
4. Cover saucepan and simmer 3 minutes.
5. Stir in the rice and water (or stock) and return to a boil. Immediately reduce heat to low.
6. Cover and simmer 20 to 25 minutes, or until rice is tender and liquid is absorbed.

Source: "Meals For You," www.mealsforyou.com

Nutrition Facts

Serving Size 1 Serving (292g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 400mg **17 %**

Total Carbohydrate 44g **15 %**

Dietary Fiber 4g **16 %**

Sugars 1g

Protein 7g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.