



EGGPLANT

Make the most of this versatile veggie!

Eggplant Cooking Tips:

- To avoid browning, wait to cut into the eggplant until you absolutely have to — don't prep that part a few hours in advance.
- Leave the skin on! This will help color, shape retention, and optimal nutrition. The skin is where you'll find anthocyanins, healthful flavonoids that can improve blood lipids (among other benefits).
- Eggplants do have a tendency to soak up oil during cooking. To keep your dish light and healthful, sauté eggplant in a small amount of very hot oil in a nonstick pan.
- For a quick eggplant side, spray slices with olive oil cooking spray and roast, grill, or broil them.

Freezing Eggplant:

To freeze eggplant, fill a large pot with 1 gallon of water and half a cup of lemon juice (the lemon will keep the eggplant from darkening). Bring the mixture to a boil.

While you're waiting for the water to heat up, wash, peel, and slice the eggplant into discs that are half an inch thick. Since eggplant does discolor quickly, prepare only what you can blanch at one time. When you're ready, place the eggplant slices in the boiling water for 4 minutes. Pluck the slices out of the water with a slotted spoon and drop into an ice bath for another 4 minutes. Then drain and pack up your eggplant. If you want to fry the slices or layer them into eggplant Parmesan or vegetable lasagna, consider placing freezer wrap between the slices before freezing.

