



Eggplant

It seems like eggplant pairs endlessly with so many flavors across so many cultures. While eggplant can be the center of the dish, it can also compliment other ingredients.



Nutrition

- Nutritionally, one cup of cubed eggplant contains around 20 calories, 5g carbohydrates, and 2g fiber.
- Eggplant contains vitamins and minerals, including vitamins A and K, magnesium, potassium, and folate.
- Eggplant is not a significant source of fat, protein, or sodium.



Shopping

- Look for eggplants that are firm and heavy with a bright, glossy, smooth skin.
- Avoid eggplant that are soft or mushy.
- The older an eggplant is, the more bitter flavors can be present.



Price

- Eggplant may be sold by dollars per pound, so a smaller eggplant would cost less than a bigger eggplant.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





Eggplant



Storage

- Refrigerate unwashed eggplant for up to one week. Like other produce, pre-washing and then storing fruits and vegetables tends to shorten their storage time.



Eat

- Enjoy eggplant in appetizers, as a vegetable side dish, or incorporated into recipes like eggplant parmesan, curries, and stir-fries.



Preparation

- Wash eggplants before cutting.
- Cut off the top end near the stem and prepare as described in the recipe. Some recipes may leave the skin on or peel it off.
- **Browning:** Eggplant flesh can start to turn brown once cut. It is the effect of oxygen, similar to how apples and avocados turn brown once cut.
- **Salting:** Sprinkling salt on cut eggplant removes some water to make the eggplant firmer and more "meaty." This texture is desirable in some recipes, such as when grilling or baking.
- **Preserve:** Visit the National Center for Home Food Preservation - nchfp.uga.edu - for directions on freezing and drying eggplant.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN