

Produce of the Month



Eggplant



Nutritional Information

- 🍆 One cup of cubed eggplant contains **20 calories**
- 🍆 Eggplant is a rich source of several vitamins, minerals, and nutrients including **vitamins C, K, & B6, niacin, folic acid, and potassium**
- 🍆 Eggplant can:
 - Fight osteoporosis
 - Increase cognition
 - Improve cardiovascular health
 - Protect the digestive system
 - Help manage diabetes
 - Prevent cancer

Selecting & Storing

- 🍆 Eggplant is at its peak from July to October
- 🍆 Choose eggplants that are **firm and heavy** for their size
- 🍆 The skin should be **firm and shiny** and the color should be **vivid**
- 🍆 Avoid **discoloration, scars, and bruising**
- 🍆 Place uncut, unwashed eggplant in a plastic bag in the vegetable crisper until you're ready to cook
- 🍆 Eggplant does not freeze well when it is raw —roast your eggplant first and freeze it in slices or as a purée

Cooking Suggestions

- 🍆 Eggplant pairs well with a host of veggies and spices and is great in Mediterranean and Asian recipes
- 🍆 Purée roasted eggplant with garlic, tahini, lemon juice, and olive oil for a quick babaganoush and use it as a dip for veggies or as a sandwich spread
- 🍆 Stuff miniature eggplants with savory fillings or add it to your next stir fry

Fun Facts

- 🍆 In 5th century China it was fashionable for women to make dye out of eggplant skin and polish their teeth with it until they were a shiny gray color
- 🍆 Eggplants are 95% water
- 🍆 The Italians call it “melanzane” which means “crazy apple”

Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <https://www.whfoods.com> Search: Eggplant