

Eggplant



SEASONALITY



NUTRITIONAL PROPERTIES

Eggplant is a fantastic source of vitamins and minerals. It's a good source of folate, calcium, magnesium, iron, and vitamin K. Make sure to consume the skin of eggplant for a little added fiber and betalain pigment.

STORAGE

Store eggplant in the refrigerator. Can last up to 1 week.

PRESERVATION

Eggplant doesn't freeze well. It can be cooked into tomato sauce or curry, and frozen for later use.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Chop the eggplant into 1" cubes.
3. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Eggplant can be added to sandwiches, stir fries, and more.

RECIPES FROM HDFFA

with eggplant 

- Add eggplant to Summer Spaghetti and Crispy Broccoli
- Add eggplant to Vegetable Stir Fry

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

