



# Eggplant



## Roasted Eggplant

\*Recipe adapted from [evolvingtable.com](http://evolvingtable.com)

Yield: 4 servings  
Serving size: 1 cup

### Ingredients:

- 1 lb. eggplant cut into 1/4-inch cubes
- 1 tbsp. olive oil
- 1/2 tsp. salt to taste
- 1/4 tsp. black pepper to taste

### Instructions:

- Preheat the oven to 425 °F.
- Add cubed eggplant to a large bowl along with oil, salt, and pepper. Toss until well coated.
- Line a large baking sheet with a piece of parchment paper and spread cubed eggplant in a single layer.
- Bake in oven for 20 to 25 minutes, flipping the eggplant after 15 minutes of cooking.
- Serve immediately.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1 Cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> < 1g	2%
Vitamin D 0mcg	0%
Calcium 6.3mg	0%
Iron 0.2mg	2%
Potassium 122mg	2%
Vitamin A	0%
Folate	4%
Phosphorus	2%
Iodine	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### Choosing:

- Look for smaller eggplant that are slightly firm but not hard.
- The skin should be shiny and smooth.
- The stem end should be green.

### Storing:

- Eggplant can be kept in the refrigerator for 5 to 7 days.

### Benefits:

- Purple and blue fruits and veggies are high in anthocyanins, which are what give the foods their deep colors. There is some evidence they help to lower inflammation and prevent heart disease.

### Preparing:

- Roast:** cut into 1/2-inch thick slices, rub each side with a small amount of olive oil, salt to taste, and place in 400 °F oven for 30 minutes.
- Grill:** cut into 1/2- to 1-inch slices. Brush each side with small amount of olive oil and season as desired with herbs, salt, and black pepper. Cover and grill about 8 minutes or until crisp-tender, turning occasionally
- Microwave:** cut it into 3/4-inch cubes. Place the cubes in a microwave-safe casserole or dish, along with 2 tablespoons of water and microwave on high for 6 to 8 minutes or until tender, stirring once.

### Did you know?

- Eggplant is a fruit as it grows from a flowering plant and contains seeds.
- It's also classified as a berry as it's fleshy, produced from a single flower, and does not have a stone.
- Eggplants come in a variety of shapes and colors.

## Instructions

Fruit and Vegetable Alphabet Challenge! Can you come up with a fruit or vegetable for every letter of the alphabet?

- |         |         |
|---------|---------|
| A _____ | N _____ |
| B _____ | O _____ |
| C _____ | P _____ |
| D _____ | Q _____ |
| E _____ | R _____ |
| F _____ | S _____ |
| G _____ | T _____ |
| H _____ | U _____ |
| I _____ | V _____ |
| J _____ | W _____ |
| K _____ | X _____ |
| L _____ | Y _____ |
| M _____ | Z _____ |

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