



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Go vegetarian or give a boost to any meal -
with **EGGPLANT!**

Whether you are looking for a tasty side dish for Italian night or want to add a boost of nutrients to fill you up without a lot of calories, eggplant is the answer!

Many people don't know how to select or prepare eggplants, so they don't buy them.

Eggplants are actually very easy to use and versatile - they can be baked, grilled, roasted, microwaved or fried.

Their texture can be creamy or meaty, depending on how it's prepared.

As for the flavor profile, it is pleasantly bitter but absorbs flavors from other ingredients.



Selection

Pick eggplants that:

- Are firm (without soft spots, scars, or blemishes)
- Have a vibrant color, plus smooth and shiny skin.

Storage

- Store eggplants in a sealed plastic bag in the refrigerator crisper drawer for up to 1 week.
- Wash and cut only when you are ready to use them.

Nutrition Benefits

A 1 cup serving has:

- 20 calories
- No fat, cholesterol or sodium
- 8% daily value of dietary fiber
- High levels of folic acid and potassium

Italian Roasted Eggplant

Ingredients:

- 2 small eggplants
- 1 cup spaghetti sauce
- 1/2 cup shredded parmesan cheese
- Cooking spray or olive oil

Directions:

- Preheat to 350°F. Prepare a baking pan with cooking spray or olive oil.
- Wash, and then slice off stem of the eggplant. Cut into ½ inch thick slices. Place slices in a single layer in the prepared pan. Spoon sauce over each slice.
- Bake the slices for 15-20 minutes. Remove from the oven and sprinkle cheese on top of each slice. Return to the oven to cook for 10-15 minutes more, or until eggplant is soft.



RECIPE VARIATION: Swap the spaghetti sauce for fresh, slices of tomatoes.