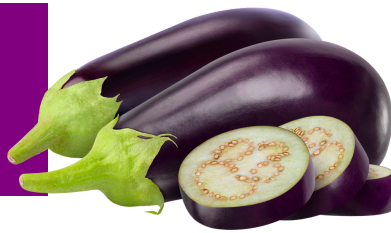


# EGGPLANT



**Storage and preparation tips:** Store whole, raw eggplant in the fridge for up to 5-7 days or at room temperature for 1-2 days. Store cut eggplant in an airtight container in the fridge. If your eggplant has hard, defined seeds, it may have a more bitter flavor. Try sprinkling chopped pieces with salt, letting them drain in a colander for 30 minutes, then rinsing and patting dry to remove some of the bitterness.

**Nutrition benefits:** Provides potassium, fiber, vitamins A and C, and is rich in polyphenols which can help protect against cancers, heart disease, diabetes, and more!

## 5

## WAYS TO ENJOY EGGPLANT

**Grilled:** Cut into thin slices and toss them in garlic and herb oil on the grill until slightly charred. Enjoy as a snack or side dish!

**Roasted:** Cut into cubes, place on a baking sheet, and drizzle with oil before roasting in the oven for 25-30 minutes at a high temperature (425°F). Add to wraps, bowls, and pasta!

**Stir-Fry:** Toss cubed eggplants in the skillet along with your stir-fry vegetable variety!

**Lasagna:** Substitute lasagna pasta with thinly sliced eggplant!

**Stuffed:** Scoop out the inside of the eggplant and season shells. Sauté the flesh of the eggplant with your choice of meat and vegetables, stuff the mixture back in the shells, and bake for 30-40 minutes at 350°F!

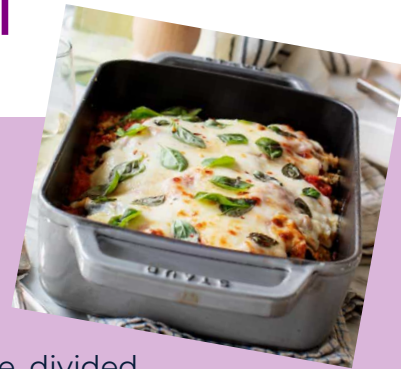


Visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org) for more recipe ideas and cooking tips!

## BAKE EGGPLANT PARMESAN

### Ingredients:

- 2 large eggplants, cut into 1/4-inch thick rounds
- 2 eggs, beaten
- 1/4 cup milk
- 1 1/2 cups breadcrumbs
- 1 1/4 cup grated Parmesan cheese, divided
- 2 teaspoons oregano
- 2 tablespoons fresh thyme
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- Freshly ground black pepper
- Extra virgin olive oil, for drizzling
- 28 ounces marinara sauce
- 16 ounces mozzarella, shredded
- 1/3 cup basil leaves OR 1 1/2 tablespoons basil, dried



### Instructions:

1. Preheat the oven to 400°F and prepare 2 baking sheets by greasing or lining with parchment paper or foil.
2. In a medium-sized shallow dish, whisk the eggs and milk.
3. In another medium-sized shallow dish, combine the breadcrumbs, 1 cup Parmesan cheese, oregano, thyme, red pepper flakes, salt, and several grinds of pepper.
4. Dip the eggplant slices into the egg mixture and then into the breadcrumb mixture. Place onto the baking sheets, drizzle with olive oil, and bake for 18 minutes or until tender and golden brown.
5. In an 8x12 or 9x13-inch baking dish, spread 1/2 cup marinara, layer half the eggplant, and top with 1 cup of marinara and half the mozzarella. Repeat with the remaining eggplant, marinara, and mozzarella. Sprinkle with the remaining 1/4 cup Parmesan cheese and drizzle with olive oil. Bake for 20 minutes or until the cheese is nicely melted. Turn the oven to broil and broil for 2-4 minutes or until the cheese is browned and bubbling.
6. Remove from the oven and top with fresh basil.

*\*To reduce sodium intake, add less/no salt, and select ingredients labeled as "low sodium", "reduced sodium", or "no salt added" when available.*

Serves 8. Nutrition per serving: 370 calories, 13 g protein, 22 g fat, 33 g carbohydrates, 7 g fiber, 1333 mg sodium