Eggplant

It seems like eggplant pairs endlessly with so many flavors across so many cultures. While eggplant can be the center of the dish, it can also compliment other ingredients.

**Nutrition**

- Nutritionally, one cup of cubed eggplant contains around 20 calories, 5g carbohydrates, and 2g fiber.
- Eggplant contains vitamins and minerals, including vitamins A and K, magnesium, potassium, and folate.
- Eggplant is not a significant source of fat, protein, or sodium.

**Shopping**

- Look for eggplants that are firm and heavy with a bright, glossy, smooth skin.
- Avoid eggplant that are soft or mushy.
- The older an eggplant is, the more bitter flavors can be present.

**Price**

- Eggplant may be sold by dollars per pound, so a smaller eggplant would cost less than a bigger eggplant.
Eggplant

Storage

- Refrigerate unwashed eggplant for up to one week. Like other produce, pre-washing and then storing fruits and vegetables tends to shorten their storage time.

Preparation

- Wash eggplants before cutting.
- Cut off the top end near the stem and prepare as described in the recipe. Some recipes may leave the skin on or peel it off.
- Browning: Eggplant flesh can start to turn brown once cut. It is the effect of oxygen, similar to how apples and avocados turns brown once cut.
- Salting: Sprinkling salt on cut eggplant removes some water to make the eggplant firmer and more "meaty." This texture is desirable in some recipes, such as when grilling or baking.
- Preserve: Visit the National Center for Home Food Preservation - nchfp.uga.edu - for directions on freezing and drying eggplant.

Eat

- Enjoy eggplant in appetizers, as a vegetable side dish, or incorporated into recipes like eggplant parmesan, curries, and stir-fries.